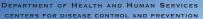
## HEARS VIP CONCUSSION IN FOOTBALL







## SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete	
Appears dazed or stunned	Headache or "pressure" in head	
Is confused about assignment or position	Nausea or vomiting	
Forgets an instruction	Balance problems or dizziness	
Is unsure of game, score, or opponent	Double or blurry vision	
Moves clumsily	Sensitivity to light	
Answers questions slowly		
Loses consciousness	Sensitivity to noise	
(even briefly)	Feeling sluggish, hazy, foggy,	
Shows mood, behavior, or personality changes	or groggy	
Can't recall events	Concentration or memory problems	
prior to hit or fall		
Can't recall events after hit or fall	Confusion	
	Does not "feel right" or is "feeling down"	

For more information and safety resources, visit www.cdc.gov/Concussion or www.usafootball.com.

## **ACTION PLAN**

If you suspect that an athlete has a concussion, you should take the following four steps:

- 1. Remove athlete from play.
- Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
- Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

	IMPORTANT PHONE NUMBERS
Emergen	cy Medical Services
Name:	
Phone:	
Health C	are Professional
Name:	
Phone:	
School S Name:	taff Available During Practice
Phone:	
School S	taff Available During Games
Name:	
Phone:	