

CONCUSSION INFORMATION FOR ATHLETES

A concussion can be caused by a direct or indirect force to the head. Athletes who “have their bell rung” have suffered a mild concussion.

Signs & Symptoms of a Possible Concussion:

- Appears dazed or confused
- Confusion about, day, time, place
- Confusion about the contest - opponent, score, plays
- Difficulty concentrating
- Drowsiness or fatigue
- Forgets events that occurred before or after injury
- Irritability or emotional changes
- Moves clumsily or slowly
- Nausea
- Slurred speech or makes statements that do not make sense
- Stumbling or staggering
- Vacant stare
- Weakness in arms and legs

Signs & Symptoms Reported by the Injured Athlete:

- Blurred vision
- Feel like they are “in a fog”
- Headache
- “Just don’t feel right”
- Ringing in the ears
- Sensitive to light or noise
- Sleep problems - can’t fall asleep or always tired

**AN ATHLETE WHO HAS ANY OF THESE SIGNS OR SYMPTOMS
AFTER SUSTAINING A DIRECT OR INDIRECT FORCE TO THE HEAD SHOULD
BE SEEN BY MEDICAL PERSONNEL BEFORE PARTICIPATING FURTHER.**

A message from the Iowa High School Athletic Association

