

# Fast Facts

## Concussion

- Result of a traumatic injury to the brain
- Can alter how the brain functions temporarily
- Anything that results in the brain hitting the inside of the skull can injure it, like a blow to the head, violent shaking of the head and upper body or a sudden acceleration/deceleration of the head, such as what happens in a car accident
- Can develop a concussion even if you don't lose consciousness after the injury
- Sometimes symptoms of a concussion are subtle and don't appear right after the event

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Appear right after:</i></p> <ul style="list-style-type: none"> <li>-Headache</li> <li>-Confusion</li> <li>-Amnesia (particularly of event)</li> <li>-Dizziness</li> <li>-Ringing in the ears</li> <li>-Nausea</li> <li>-Vomiting</li> <li>-Slurred speech</li> <li>-Appearing dazed</li> <li>-Delayed responses to questions</li> <li>-Fatigue</li> <li>-Temporary loss of consciousness</li> </ul> <p><i>Appear several hours or days after:</i></p> <ul style="list-style-type: none"> <li>-Difficulty concentrating</li> <li>-Difficulty remembering</li> <li>-Irritability</li> <li>-Personality changes</li> <li>-Increased sensitivity to light and noise</li> <li>-Trouble sleeping</li> <li>-Depression</li> <li>-Changes to taste/smell</li> </ul> <p><i>Children:</i></p> <ul style="list-style-type: none"> <li>-Appearing dazed</li> <li>-Unusually cranky</li> <li>-Tires easily</li> <li>-Unsteady when walking</li> <li>-Crying excessively</li> <li>-Change in eating/sleeping patterns</li> <li>-Decreased interest in their favorite toys</li> </ul>	<p><i>Serious:</i></p> <ul style="list-style-type: none"> <li>-Hospitalized overnight</li> </ul> <p><i>Most of the time:</i></p> <ul style="list-style-type: none"> <li>-Observed at home (someone stay with you for first 24 hours)</li> <li>-Wake you regularly to make sure that you don't have any changes in neurological function</li> <li>-Rest (physically and mentally)</li> <li>-Avoid any sports or activities that make any of your symptoms worse or would put you at increased risk for another head injury</li> <li>-Avoid activities that require mental concentration and thinking (playing video games, watching TV, doing work, reading or using an electronic device)</li> <li>-Take over-the-counter pain relievers, like acetaminophen, for a headache (talk to your doctor before taking ibuprofen or aspirin because they can increase your risk for bleeding)</li> </ul>	<ul style="list-style-type: none"> <li>-Wear the proper safety equipment that fits appropriately and has been well-maintained when doing sports or physical activities</li> <li>-Always wear your seat belt</li> <li>-Make home safe by having floors free of things that might cause you to trip and have plenty of lighting so you can see</li> <li>-For children, use baby gates at the tops and bottoms of stairs and install window guards</li> <li>-Exercise regularly to increase leg muscle strength, which help you maintain better balance</li> </ul>

**Note:** If you injure your head and have repeated vomiting, lose consciousness for more than 30 seconds, have a headache that continues to get worse, changes in your physical coordination, changes to your behavior, confusion or slurred speech, you should go to the emergency room. You should also seek immediate medical care if you have seizures, vision changes (ex. one pupil larger than the other), dizziness that won't go away or any symptoms that get worse over time. For children, if they have any of these symptoms or a large bump or bruise anywhere on their head, except their forehead, they should be seen by a doctor immediately

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