

SPORTS CONCUSSION

When in Doubt—Sit it Out!



million

sports/recreation
concussions each year

Helmets Save Lives



However, no one helmet can stop all concussions.

Helmets greatly reduce the risk of death by head trauma. But no helmet can eliminate the risk of concussion, which occurs when the brain is violently shaken.

What is a Concussion?

A condition resulting from the stunning, damaging, or shattering effects of a hard blow to the head.

The First 10 Days

If you are within ten days of having a concussion, there is a greater risk for another one.



HEAD TRAUMA

Followed by ANY of These?

- Headache
- Dizziness
- Confusion
- Memory Loss
- Difficulty Concentrating

Seek a Licensed Health Care Professional



Access resources on how to identify and seek treatment for sports concussion at AAN.com/view/concussion

