

concussion

when in doubt,
sit it out!

SIGNS AND SYMPTOMS OF CONCUSSION

Know the warning signs of concussion. Check for **signs and symptoms** when a child receives a blow to the head or body that causes a jarring of the head or neck.

A concussion is a brain injury. If the child has one or more of these signs they **must be removed from play immediately** and not return until seen and cleared by a doctor. If you suspect a concussion, the child should be **removed from play immediately** and should not return until **seen and cleared by a doctor**.



Confused or dazed



Memory loss



Headache or "pressure" in the head



Nausea/vomiting or stomach ache



Dizziness and/or loss of balance



Feeling tired or drowsy



Blurry or double vision



Sensitivity to light and/or noise



Feeling more emotional/sad/nervous

Sports with the **highest rates** of concussion for boys and girls include:

	RUGBY LEAGUE, UNION, AFL
	SOCCER
	CYCLING
	TRAMPOLINE

	SOCCER
	NETBALL
	EQUESTRIAN
	TRAMPOLINE



Only **1 in 10 children** with a concussion will lose consciousness (be knocked out).



Every week, **6 children** are taken to the Emergency Department at the Children's Hospital at Westmead with concussion.

For every 1 child cared for at the hospital there are **15 or more** who's concussion goes unrecognised or untreated.



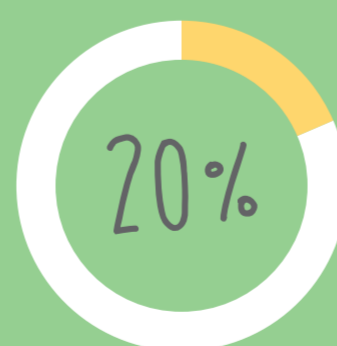
14 YEARS OLD

The peak age for concussion is **14 years old**. Around this age, children are expected to play sport more seriously by training and playing more competitively making concussion is much more likely.

Play by the rules and practice good sportsmanship to help prevent concussion!



Sport related concussion rates in children and young people have **risen 60%** in the past decade.



20% of children seen at the **Children's Hospital Institute of Sports Medicine Concussion Clinic** with sports related concussion kept playing after showing signs of concussion.



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