

# CONCUSSION FACT SHEET FOR PARENTS



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

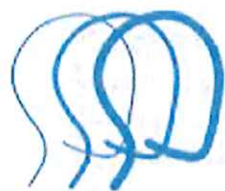
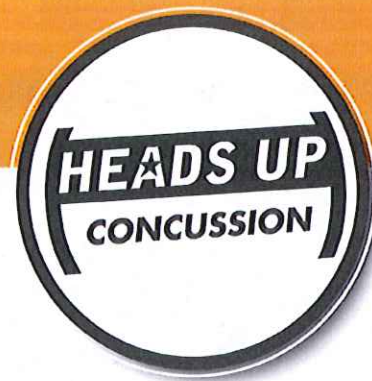
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

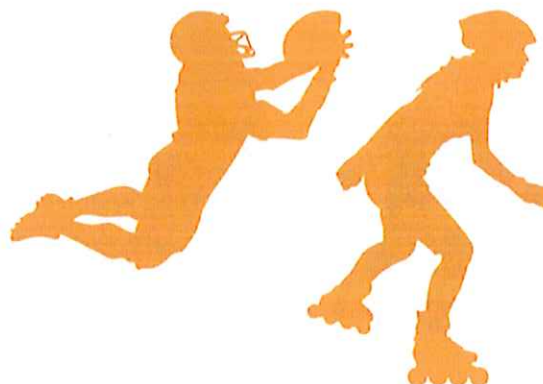
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



**BRAIN INJURY  
ASSOCIATION**  
OF NEW YORK STATE

[www.bianys.org](http://www.bianys.org)

1-800-444-6443



## BRAIN INJURY ASSOCIATION OF NEW YORK STATE

# NYS Concussion Management and Awareness Law

### Requires

- Immediate removal from athletic activities of a student believed to have sustained or who has sustained a mild brain injury
- No return until student is symptom free for at least 24 hours; must be evaluated and receive written permission to return by a licensed physician
- All coaches, physical education teachers, nurses and athletic trainers are required, biennially, to complete a course of instruction relating to recognition of symptoms of mild brain injury and monitoring and seeking appropriate medical treatment
- Parents or others in parental relationship must sign permission slip that contains information relating to concussion
- NYS State Education Department, NYS Department of Health and school districts must post information on their websites

### Discretionary

- School districts are authorized to establish a concussion management team to oversee the implementation of concussion policies and procedures in the district and to be a resource for parents, athletes, and school staff

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### About the Brain Injury Association of New York State

A statewide, non-profit membership organization, the Brain Injury Association of New York State (BIANYS) provides help and hope for individuals with brain injury and their families. The Association is the premier support and advocacy organization in New York State for those thrust into the often confusing and overwhelming world of brain injury, offering information, answering questions, sharing experiences, providing comfort and caring, as well as promoting prevention. Through its comprehensive Family Advocacy, Counseling, and Training Services Program (FACTS), online LEARNet resource, as well as training, public education, advocacy, chapters, and support groups, BIANYS assures no one is forced to face the trauma of brain injury alone. BIANYS is the chartered state affiliate of the Brain Injury Association of America