# HEADS UP CONCUSSION ACTION PLAN

## IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE TAKE THE FOLLOWING STEPS:

1. **Remove the athlete from play.**
2. **Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.**
3. **Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion.**
4. **Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.**

# “IT’S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON.”

## CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have 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 COACHING STAFF

* + **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**
	+ **Can’t recall events prior to hit or fall**

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