

# HEAD FIRST

Leaders in Concussion Advocacy and Education

## CONCUSSION

### SUMMARY FOR STUDENTS

#### What is a concussion?

A concussion is a force applied to the brain (via the head or body contact) that results in a temporary dysfunction in brain signalling. It is short-lived and usually resolves on its own.

#### What are the symptoms of a concussion?

- Headache
- Feeling of 'pressure' in the head
- Dizziness
- Trouble with balance - stumbling
- Loss of consciousness
- Blurred vision
- Nausea
- Sore neck
- Fatigue or low energy
- Feeling 'foggy' in the head
- Difficulty concentrating/ being distracted easily
- Difficulty learning new things
- Confused
- Forgetful
- Sensitivity to light
- Sensitivity to noise
- Emotionality: feeling angry, sad, nervous
- Difficulty going to sleep
- Saying or thinking strange things
- 'Not feeling right'

#### When should I be worried?

- New or worsening headache
- Drowsy and can't be woken up
- Worsening neck pain
- Nausea/ vomiting
- Seizures
- Cant recognise people/ places
- Unusual behaviour
- Weakness, numbness or tingling in arms or legs
- Slurred speech

#### Let's dispel some myths...

- Concussion IS a type of brain injury
- You do NOT need to lose consciousness (pass out) to be diagnosed with a concussion
- You CAN go to sleep after a concussion so long as you do not have any concerning symptoms
- Concussion does NOT cause brain damage acutely eg- brain bleed

#### What do I do if I have a concussion?

Remember the 5 Rs:

- **R**ecognise your symptoms
- **R**emove yourself from play
- **R**efers to a Doctor if needed
- **R**est and follow a return to learn/ play protocol
- **R**eturn to school and play

Ultimately you should remember:

**IF IN DOUBT, SIT IT OUT!**

#### Who can I tell if I have a concussion?

- Friend
- Parents
- Teacher
- Coach
- Doctor

Specialist help:

- Your General Practitioner
- Royal Children's Hospital ED
- Concussion specialist

### Where can I find more information?

- Our website [\[redacted\]](#)
- RCH Website: [http://www.rch.org.au/kidsinfo/fact\\_sheets/Head\\_injury/](http://www.rch.org.au/kidsinfo/fact_sheets/Head_injury/)