

Concussion Management

Signs & Symptoms of a Concussion

Concussions should be suspected in the presence of **ONE** sign or symptom!

If a concussion is suspected please consult with a medical doctor and follow the **Return to Play Guidelines** for a safe recovery.

- Headache
- Dizziness
- Blurry vision
- Feeling “slowed down” or “dazed”
- Sensitivity to light and sound
- Difficulty concentrating
- Difficulty with balance maneuvers
- General confusion
- Difficulty orienting to time and place
- Not feeling like yourself

Red Flag

Signs and Symptoms

Athletes must be monitored for the first 24-48 hours.

If any of the below symptoms occur, **call 911 immediately**:

- Headaches that worsen
- Seizures
- Looks drowsy or can't be awakened
- Repeated vomiting
- Slurred speech
- Cannot recognize people or places
- Increased confusion; unusual behavior change; irritability
- Weakness or numbness in arms or legs
- Neck pain
- Double Vision

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When in doubt, sit them out!

Red Flag Signs

- Call 911 immediately
- Do not give the victim any food/water/medication

Suspected Neck Injury

- Call 911 Immediately
- Do not move the victim
- Do not give the victim any food/water/medication

Signs of Concussion

- Remove player from game
- Monitor signs & symptoms
- **DO NOT** give any medications
- Inform caregiver
- Be evaluated by a **medical doctor** ASAP

For more information please visit: