

# HEADS+UP

## CONCUSSION IN FOOTBALL



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



### SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

For more information and safety resources, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion) or [www.usafotball.com](http://www.usafotball.com).

### ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health care professional. 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 and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

### IMPORTANT PHONE NUMBERS

#### Emergency Medical Services

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Health Care Professional

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### School Staff Available During Practice

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### School Staff Available During Games

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**WHEN IN DOUBT, SIT THEM OUT**