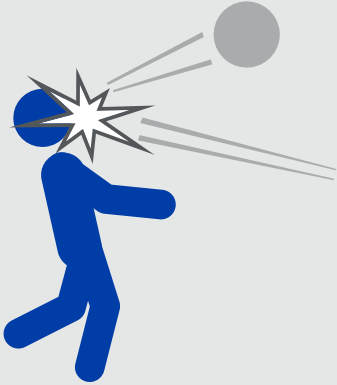


Concussions Tips for Recovery

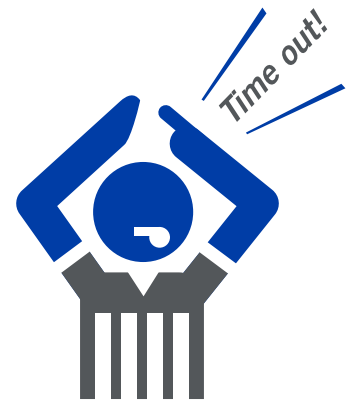


RECOGNIZE

- A concussion is a brain injury caused by a hit to the head or body.
- The brain moves quickly back and forth and causes the brain to hit the skull.
- This causes a chemical change and sometimes stretching and damaging brain cells.

RESPOND / REFER

- If you see signs or the athlete complains of symptoms remove them immediately from play.
- Inform the coach and parent of suspected concussion.
- Refer to a medical professional with a background in concussion management.



RECOVERY

- Rest is the most important part of recovery.
- They should not return to physical activity until given medical clearance.
- Discuss academic concerns with teachers.