

## Let's Talk About Concussions

Summer is just around the corner, and with all of the fun activities there will also be an increase in bumps and scrapes of all types.

Even what seems to be a mild bump to the head can potentially be serious.

According to the CDC, A concussion is a type of [traumatic brain injury](#), or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.

Children and teens are among those at greatest risk for concussion. This has even more serious effects on a young, developing brain and need to be addressed correctly.

A partial list of symptoms that might possibly indicate concussion after an injury is:

Appears dazed or stunned

Answers questions slowly or forgets things

Moves clumsily

Shows behavior or personality changes

Complains of:

Worsening headache

Continued nausea or vomiting

Confusion or Dizziness

Blurred vision

Unequal pupils

Loss of consciousness or seizures

If any of these or other concerning signs are present, seek medical attention promptly.

Children's Healthcare of Atlanta has a wealth of information and resources regarding concussions:

[www.choa.org/concussion](http://www.choa.org/concussion)

Resources you will find on their website include :

Safety Tips

Educational fact sheets and videos

Return to sports and school guidelines

ImPACT Computer-based testing information for pre and post impact evaluation.

Wishing you a fun-filled and healthy summer !

Nurse Annie

(Sources and resource: Forsyth County Health Services Handbook, [choa.org](http://choa.org) and [www.cdc.gov](http://www.cdc.gov) )