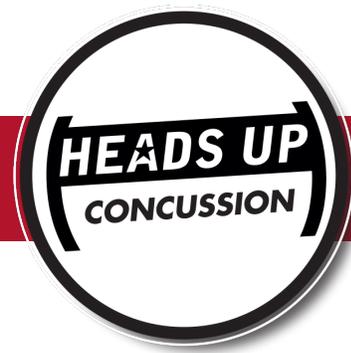


HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT A CAMPER HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the camper from play.
2. Ensure that the camper is evaluated by the nurse or other health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the camper's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the camper out of play the day of the injury. A camper should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **“IT’S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON.”**



CONCUSSION SIGNS AND SYMPTOMS

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

SYMPTOMS REPORTED BY CAMPER

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall

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