



Could My Child Have a Concussion?

A concussion is a brain injury that can happen whenever your child hits his or her head hard enough.

A concussion can occur during sports, horseplay, a fall or an accident. All it takes is a blow or bump to the head that causes the brain to move against the skull or around inside it. When that happens, injury can occur to the brain's nerves and blood vessels.

It is not always apparent when your child has a concussion. Symptoms can become obvious right away or take days or weeks to develop.

If your son or daughter plays sports, it is important to get the doctor's OK before allowing your child to resume playing. Complications, such as permanent damage, can occur if the concussion has not healed. And, research shows that one concussion increases the risk for a child to have another.

Seek medical attention immediately if your son or daughter has any of these symptoms:

- ✓ Loses consciousness
(this doesn't always happen)
- ✓ Complains about a bad headache that becomes more severe
- ✓ Is unable to recall the score or opponent in a game
- ✓ Has sensitivity to light or noise
- ✓ Sees blurred or double vision
- ✓ Behaves differently
- ✓ Is unable to remember what happened before the head injury
- ✓ Talks gibberish or slurs
- ✓ Walks with difficulty
- ✓ Vomits
- ✓ Has trouble thinking

Take the time to learn the signs of a concussion to protect your child from serious injuries.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline