**As spring approaches, the weather gets warmer and children become more active outdoors. Please take some time to review the information below about concussions.**

* A concussion is a brain injury that affects how your brain works.
* A concussion is caused by a bump, blow, or jolt to the head or body.
* Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious
* A concussion can happen even if you haven’t been knocked out.
* Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury

(WWW.CDC.GOV/CONCUSSION)

**ALL CONCUSSIONS ARE SERIOUS. IF YOU THINK YOU HAVE A CONCUSSION: DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.**

WHY SHOULD I REPORT MY SYMPTOMS?

• Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.

• While your brain is still healing, you are much more likely to have another concussion.

• A repeat concussion in a young athlete can result in permanent damage to your brain. They can even be fatal. (WWW.CDC.GOV/CONCUSSION)

**For more information on Concussions please click on the website below.**

<http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf>

<http://www.cdc.gov/headsup/pdfs/highschoolsports/middleschool_athletes_fact_sheet-a.pdf>

**If your child suffers a head injury please follow up with your primary care provider and bring in the necessary concussion activity restrictions and academic accommodations forms to the school attendance office.**

**Please contact your school nurse if you have any questions or concerns regarding head injuries and concussions.**