

## SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.



## **ACTION PLAN**

If you suspect that a player has a concussion, you should take the following steps:

- 1. Remove athlete from play.
- Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- 3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
- 4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

## **IMPORTANT PHONE NUMBERS**

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name:

Hospital Phone:

Hospital Name:

Hospital Phone: \_

## For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/ConcussionInYouthSports



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES CENTERS FOR DISEASE CONTROL AND PREVENTION

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