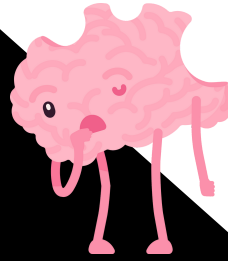


## WHAT IS A CONCUSSION?

Understanding concussions is crucial for safeguarding your child's well-being during sports and activities. Here's what you need to know:



A concussion is a brain injury resulting from a blow to the head or a hit to the body that causes the head and brain to move rapidly. This can lead to chemical changes in the brain, potentially damaging brain cells.

## HOW TO ENSURE SAFETY:

- Remove your child from play if you suspect a concussion.
- Consult a healthcare provider before they return to play.
- Follow medical instructions for both school and sports.



- Foster a culture of safety within the team.
- Collaborate with coaches to educate on concussion prevention.
- Discuss concussion awareness with your child.
- Encourage them to follow safety rules and exhibit good sportsmanship.
- In certain sports, ensure your child wears a helmet.

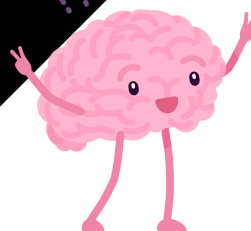
## RECOGNIZING:



Watch for signs such as confusion, memory loss, mood changes, or physical symptoms like headache, nausea, or dizziness. If your child experiences these after a head injury, take action.

- Take your child out of the game.
- Keep them out of play the day of the injury.
- Seek medical evaluation from a qualified healthcare provider.
- Let professionals determine the concussion's severity and return-to-play guidelines.

Remember, the brain needs time to heal after a concussion. Gradual return to activities under medical supervision is crucial. Prioritize safety and err on the side of caution to protect your child.



## LET'S KEEP OUR CHILDREN SAFE.

