# ECU CRW CONCUSSION FACTSHEET

Athletes 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.

## WHAT TO LOOK OUT FOR:

### SYMPTOMS

- 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
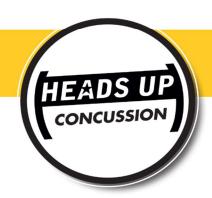- Just not "feeling right" or is "feeling down"

### SIGNS

- 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
- Can't recall events after hit or fall

## RED FLAGS- SEEK URGENT MEDICAL EVALUATION:

1. Neck pain or tenderness
2. Double vision
3. Weakness/tingling/burning in arms or legs
4. Severe or increasing headache
5. Seizure or convulsions
6. Deteriorating conscious state
7. Vomiting
8. Increasingly restless, agitated or combative

## TAKE THE FOLLOWING STEPS IF THE ATHLETE PRESENTS WITH NO RED FLAGS:

### HEADS UP ACTION PLAN:

1. Remove the athlete from play.
2. Keep the athlete out of play the day of the injury.
3. Allow athlete to get a full night of uninterrupted sleep.
4. Encourage athlete to eat a balance diet.
5. Decrease screen use and strenuous brain activity.
6. Schedule an evaluation with an appropriate health care provider for further evaluation, management and activity recommendations.

## IMPORTANT PHONE NUMBERS:

### ECU Campus Rec & Wellness

### HEAD Athletic Trainer

NAME: Jennifer "JP" Pidgeon

PHONE: O: (252) 328-2815 Work Cell (252) 414-2462

EMAIL: pidgeonj19@ecu.edu

### ECU Campus Rec & Wellness

### GA Athletic Trainers

NAME: Christi Ferrell, Christina Turner & Tony Nguyen

PHONE: O: (252) 737-2604

EMAIL: crwathletictraining@ecu.edu

JOIN THE CONVERSATION