Netcare Health E-flyer

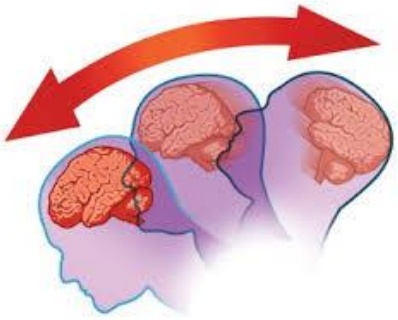
May 2016

Concussion

What is concussion?

Concussion is a traumatic brain injury that changes the way the brain normally works.

A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.



Did you know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teenagers are more likely to get a concussion and take longer to recover than adults.

Signs and Symptoms of a Concussion

Signs and symptoms of concussion can be seen immediately after the injury or may not appear or be noticed until days or weeks after the injury.

If someone reports ***one or more*** symptoms of concussion after a bump, blow, or jolt to the head or body, they should be referred to a medical professional immediately and not participate in any sport until being cleared by a health care professional experienced in evaluating for concussion.

Symptoms

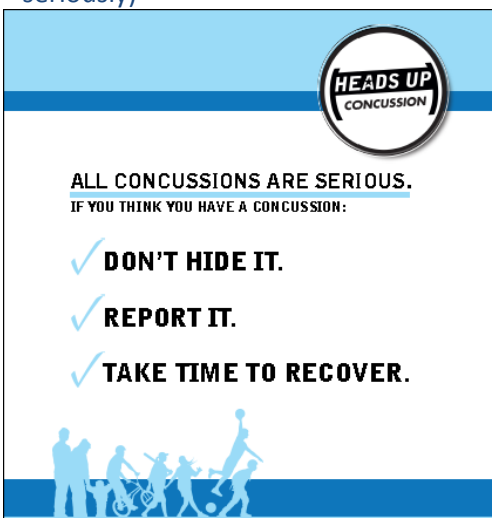
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, or groggy
- Concentration / memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

Signs

- Appears dazed or stunned
- Is confused about tasks
- Forgets an instruction
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behaviour, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Danger signs

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Loses consciousness (even a brief loss of consciousness should be taken seriously)



Important Emergency Numbers

Netcare 911:
082 911

SAPS:
1011

Netcare Union Hospital
011

Injury.Prevention@netcare.co.za

NETCARE 082 911 24HR EMERGENCY MEDICAL ASSISTANCE

NETCARE
You're in safe hands