

Three Village Central School District CONCUSSION INFORMATION

Dear Parent/Guardian:

A concussion is a type of traumatic brain injury caused by an impact or blow to the head or body. Concussions can happen in any activity.

Symptoms of a concussion include, but are not necessarily limited to:

- x Amnesia (e.g. decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information)
- x Confusion or appearing dazed
- x Headache or head pressure
- x Loss of consciousness
- x Balance difficulty or dizziness, or clumsy movements
- x Double or blurry vision
- x Sensitivity to light and/or sound
- x Nausea, vomiting, and/or loss of appetite
- x Irritability, sadness or other changes in personality
- x Feeling sluggish, foggy, groggy, or lightheaded
- x Concentration or focusing problems
- x Slowed reaction times, drowsiness
- x Fatigue and/or sleep issues (e.g. sleeping more or less than usual)

All coaches, physical education teachers, nurses and certified athletic trainers are required to be trained to recognize the symptoms of a concussion and to seek proper medical treatment for such injuries.

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activities until he or she has been symptom-free for not less than 24 hours, and has been evaluated by, and received written and signed authorization from a licensed physician, who has