

YUBA COLLEGE SPORTS MEDICINE

HEAD INJURY AWARENESS FORM

What is a concussion?

- A concussion is defined as either a brain injury caused by a direct blow to the head, face, or neck, or it can be a blow to the body which results in a sudden jolting of the head involving an immediate and temporary impairment in the ability of the brain to function properly. Concussions can result in a momentary loss of consciousness. Athlete may also exhibit one of the following types of amnesia:
 - Anterograde Amnesia (Post-traumatic)- the inability to recall events that have occurred since injury
 - Retrograde Amnesia- the inability to remember events prior to the injury
- Signs and symptoms of concussion can show up immediately after the injury or can take hours and/or even days to appear. Therefore, check the athlete frequently (every 1-2 hours) for the first 48 hours for the following signs and symptoms:

-EXCESSIVE DROWSINESS OR DIFFICULTY STAYING AWAKE

-EXCESSIVE DIZZINESS

-EXCESSIVE VOMITING

-DISCHARGE OF BLOOD OR CLEAR FLUID FROM NOSE, EARS, OR MOUTH

-CONVULSIONS

-PARALYSIS OR MARKED WEAKNESS IN ARMS, LEGS, OR FACIAL MUSCLES

-SEVERE OR INCREASINGLY SEVERE HEADACHE (most head injuries cause a mild to moderate headache), OR A HEADACHE LASTING FOR MORE THAN 48 HOURS

-OBVIOUS CHANGE IN BEHAVIOR OR PERSONALITY (irritability, confusion etc.)

-CHANGES IN ABILITY TO SEE (double/blurred vision, sensitivity to light) OR HEAR

-SIGNIFICANT DIFFERENCE IN PUPIL SIZE

-UNSTEADY WALKING

-DIFFICULTY CONCENTRATING

****IF ANY SIGN AND/OR SYMPTOM APPEARS TO BE WORSENING WITH TIME AND/OR ADDITIONAL PROBLEMS DEVELOP, DO NOT HESITATE TO REPORT TO THE NEAREST EMERGENCY ROOM OR CALL 911****

RIDEOUT EMERGENCY ROOM

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