

Important Phone Numbers:

Office/Cell:

Email:

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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

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:

- Neck pain or tenderness
- Double vision
- Weakness/tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsions
- Deteriorating conscious state
- Repeated vomiting
- Increasingly restless, agitated, or combative

*****If any red flag signs/symptoms are present, call 911 immediately*****

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

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