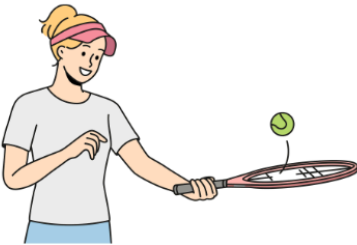


# KC | Concussions



## Athletes and Concussions

Over 140,000 high-school athletes suffer a concussion each year in the US.

Most commonly cheerleaders, football, hockey, lacrosse, soccer, and basketball players suffer from concussions, but all athletes are at risk.



## Identify

Concussions are often caused by falls, sports injuries, or auto accidents. Identifying symptoms include headache, dizziness, visual disturbances or confusion, as well as fatigue or difficulty sleeping.



## Recommendations

Seek immediate medical attention for new or worsening signs of worse injury.

Have someone stay with you for the first 24 hours and observe you regularly.

Sleep with your head slightly elevated for the first 24 hours.

Avoid added physical and mental stress including school or work, screen time, and driving.

Only drink clear fluids for the first 8-12 hours. Progressively add food into the diet over the next 24 hours.

Avoid sedatives, aspirin, and Ibuprofen.



## Treatment

Rest and avoiding over activity allow the brain to recover.

Before returning to regular activity, consult your healthcare provider to prevent further injury.