

# KNOW YOUR CONCUSSION ABCs

Assess the situation    Be alert for signs and symptoms    Contact a health care provider



## Wisconsin Fact Sheet for Athletes

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

### What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

### COMMON SYMPTOMS OF A CONCUSSION:

**Tell someone if you see a teammate with any of these symptoms:**

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

**Tell someone if you feel any of the following:**

#### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

#### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

#### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Changes in your normal sleep patterns.

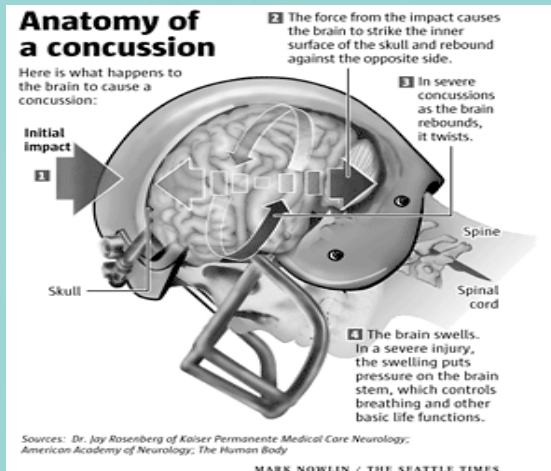


Materials adapted from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention

\*Wear the proper equipment for each sport and make sure it fits well.

\*Follow the rules of the sport and the coach's rule for safety.

\*Use proper technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

## What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion or head injury you may not participate again until evaluated by a health care provider and you receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

## Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion or head injury.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

## Tell your teachers

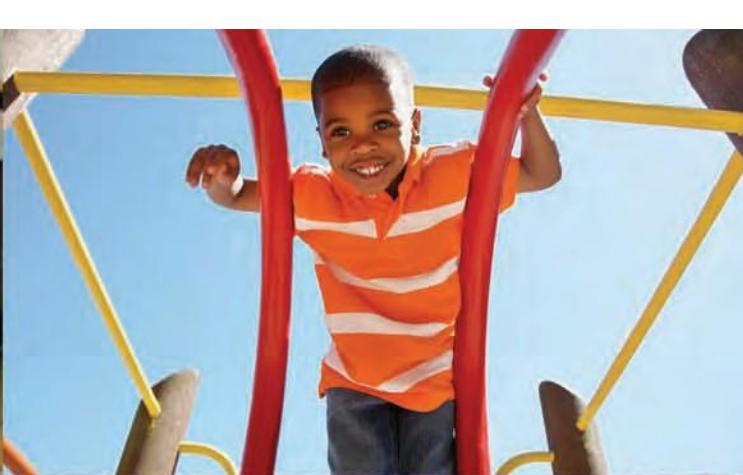
Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.

To learn more about concussions, go to:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion); [www.wiaawi.org](http://www.wiaawi.org); [www.nfhs.org](http://www.nfhs.org)





PAUB KOJ COV  
**ABCs**  
 TXOG KEV TSOO  
 TAUB HAU  
 RAUG MOB

Soj ntsuam qhov teeb meem      Xyuas seb puas muaj cov cim qhia thiab cov tsos mob      Hu rau ib tug kws muab kev pab kho mob

Ib Daim Ntawv Qhia Txog Qhov  
 Tseeb rau Cov Niam Txiv

**Kev tsoo taub hau raug mob yog dab tsi?**

Ib qho kev tsoo taub hau raug mob yog ib hom kev raug mob rau lub hlwb uas pauv qhov lub hlwb khiav li txhua zaus. Ib qho kev tsoo taub hau raug mob yog ua los ntawm kev tsoo, ntaus, los yog phoom rau lub taub hau thiab tseem tshwm sim tau los ntawm qhov ntaus raug lub cev uas ua rau lub taub hau thiab lub hlwb txav mus los los ceev. Txawm tias zoo nkaus li ib nyuag tsoo me me rau lub taub hau xwb los tej zaum nws yuav yog ib qho teeb meem loj.

Tej zaum cov kev tsoo taub hau raug mob yuav ua teeb meem loj rau ib lub hlwb uas tseem yau thiab tab tom loj hlob thiab yuav tsum xyuas kho kom yog.

**Cov cim qhia thiab cov tsos mob ntawm ib qho kev tsoo taub hau raug mob yog dab tsi?**

Koj yuav tsis pom ib qho kev tsoo taub hau raug mob. Cov cim qhia thiab cov tsos mob yuav tshwm sim tom qab ib qho kev raug mob los yog tej zaum yuav tsis tshwm sim los yog tsis paub txog kiag li kom txog li tsheej teev los yog hnuv tom qab raug mob. Nws yog ib qho tseem ceeb uas yuav tau xyuas seb puas muaj kev hloov dab tsi hauv koj tus me nyuam los yog tus hluas txoj kev coj xeeb ceem los yog kev xav, yog hais tias cov tsos mob nws heev zuj zus los yog tias nws zoo li "tsis tshua xis nyob." Cov kev tsoo taub hau raug mob feem ntau tshwm sim yam uas yus tseem feeb meem.

Yog hais tias koj tus me nyuam los yog tus hluas qhia txog **ib los yog ntau tshaj ib** co tsos mob ntawm qhov kev tsoo taub hau raug mob uas muaj hauv qab no, los yog tias koj ua tus pom cov tsos mob, nrhiav kev pab kho mob tam sim ntawd. Cov me nyuam yaus thiab cov hluas mas yog cov uas yuav muaj kev tsoo taub hau raug mob heev tshaj.

**COV CIM QHIA THIAB COV TSOS MOB NTAWM IB QHO KEV TSOO TAUB HAU RAUG MOB**

COV CIM QHIA UAS COV NIAM TXIV LOS YOG COV NEEG SAIB XYUAS TAU POM LOS	COV TSOS MOB UAS KOJ TUS ME NYUAM TAU QHIA	
<ul style="list-style-type: none"> <li>Zoo nkaus li yoob los yog ceeb</li> <li>Cov heev txog cov uas tshwm sim</li> <li>Maj mam teb cov lus nug</li> <li>Rov nug cov lus nug dua</li> <li>Nco tsis tau cov uas tshwm sim ua ntej raug, phoom, los yog ntog</li> <li>Nco tsis tau cov uas tshwm sim tom qab raug, phoom, los yog ntog</li> <li>Tsis nco qab lawm (txawm tias yog ib pliag kiag xwb)</li> <li>Ua qhia tias tus cwj pwm los yog xeeb ceem hloov</li> <li>Hnov qab lub sij hawm kawm ntawv los yog cov ntawv coj los ua</li> </ul>	<p><b>Kev Xav/Kev Nco Qab:</b></p> <ul style="list-style-type: none"> <li>Muaj teeb meem txog kev xav kom meej pem</li> <li>Muaj teeb meem txog kev feeb meej los yog nco qab</li> <li>Mloog zoo li qeeb zog lawm</li> <li>Mloog zoo li qeeb qeeb, tsis meej, pos huab, los yog tsis muaj zog</li> </ul> <p><b>Ib Ce:</b></p> <ul style="list-style-type: none"> <li>Mob taub hau los yog lub taub hau "nruj nruj"</li> <li>Xeev siab los yog ntauv</li> <li>Muaj teeb meem txog qhov tswj kom tus los yog kiv taub hau</li> <li>Sab los yog mloog zoo li nkees nkees</li> <li>Pom plooj plooj los yog pom ob qho ua ke</li> <li>Ntsia tsis tau teeb ci los yog hnov tsis tau suab nrov</li> <li>Loog los yog caus yaum</li> <li>Tsis "xis nyob"</li> </ul>	<p><b>Kev Xav:</b></p> <ul style="list-style-type: none"> <li>Meem txom</li> <li>Tu siab</li> <li>Muaj kev xav ntau dua txhua zaus</li> <li>Ntshai</li> </ul> <p><b>Kev Pw*:</b></p> <ul style="list-style-type: none"> <li>Tsaug zog</li> <li>Pw tsawg dua txhua zaus</li> <li>Pw heev dua txhua zaus</li> <li>Pheej pw tsis tsaug zog</li> </ul> <p>* Tsuas nug txog cov tsos mob thaum pw xwb yog hais tias qhov kev raug mob ntawd nws tshwm sim hnuv ua ntej.</p>

Yog xav muab daim ntawv qhia txog qhov tseeb no ua Lus Asnkiv, thov mus xyuas ntawm: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



# COV CIM QHIA TIAS PHOM SIJ

Xyuas kom cov tsos mob tsis txhob mob heev dua ntev mus. Yuav tsum tau koj tus me nyuam los yog tus hluas mus rau hauv chav kho mob ceev tam sim ntawd yog hais tias nws:

- Lub ntsiab muag (seem dub dub uas nyob hauv lub plawv qhov muag) nws loj dua sab tov
- Tsa nyuaj
- Mob taub hau heev los yog qhov mob taub hau nws mob heev zuj zus
- Tsis muaj zog, loog, los yog ua qhov tsis nco qhov
- Ntuav los yog xeev siab tas li
- Hais lus tsis meej
- Lub cev cia li tshee los yog qaug dab peg
- Cim tsis tau neeg los yog chaw
- Tsis paub tog twg zuj zus, nkees zuj zus, los yog nyuaj siab zuj zus
- Coj xeeb ceem txawv txawv
- Tsis hnov lawm (txawm tias tsis hnov mus ib pliag kiag xwb los yuav tsum tau saib tias yog ib qho teeb meem loj)

Cov me nyuam thiab cov hluas uas tau tsoo taub hau raug mob yuav tsum tau **TSIS TXHOB** rov qab mus ntaus pob ncaws pob los yog dhia ua si hauv tib hnub uas raug mob ntawd. Lawv yuav tsum tau ncuat tsis txhob mus ua si kom txog thaum uas ib tug kws kho mob uas tau soj ntsuam neeg tsoo taub hau raug mob hais tias lawv tsis muaj tsos mob dab tsi lawm thiab sau ib daim ntawv tias lawv mus ua si los tau tso mas lawv thiaj li rov qab mus ua si tau. Qhov no txhais tias, kom txog thaum uas tso cai rau tso, tsis txhob rov qab mus:

- Chav Kawm Dhia Ua Si (PE),
- Xyaum los yog sib tw ntaus pob ncaws pob, los yog
- Ua si thaum lub caij so.

## Kuv yuav tsum tau ua dab tsi yog hais tias kuv tus me nyuam los yog tus hluas tau raug mob saum taub hau?

1. Nrhiav kev pab kho mob. Ib tug kws kho mob uas tau soj ntsuam neeg tsoo taub hau raug mob yuav tswj tau kev tsoo taub hau raug mob thiab soj ntsuam seb thaum twg koj tus me nyuam thiaj li rov qab mus ua si tau li qub yam uas tsis muaj teeb meem, nrog rau cov kev ua si hauv tsev kawm ntawv (cov kev siv hlwb thiab kev kawm) thiab cov kev dhia ua si. Yog hais tias koj tus me nyuam los yog tus hluas tau raug tshem tawm hauv ib qho kev ncaws pob ntaus pob rau cov me nyuam yaus vim tias tej zaum muaj kev tsoo taub hau raug mob los yog raug mob rau lub taub hau, lawv yuav koom tsis tau ntxiv kom txog thaum uas ib tug kws kho mob soj ntsuam nws thiab tus kws kho mob sau ib daim ntawv tso cai rau nws koom hauv cov kev ua si.
2. Pab lawv siv sij hawm kom rov zoo. Yog hais tias koj tus me nyuam los yog tus hluas tau tsoo taub hau raug mob, yuav tsum tau siv sij hawm rau nws lub hlwb kom rov zoo los. Koj tus me nyuam los yog tus hluas yuav tsum tau tsis txhob ua si heev heev thaum uas nws tseem tab tom nyob kom qhov tsoo taub hau raug mob ntawd zoo. Kev ua si kom lub cev muaj zog los yog ua tej yam dab tsi uas yuav tau siv hlwb, xws li saib ntawv, siv computer, ntaus ntawv hauv xov tooj, los yog ua si video games tej zaum yuav ua rau kom cov tsos mob ntawm kev tsoo taub hau raug mob nws haj yam tsis zoo tuaj (xws li mob taub hau los yog nkees). Kev so yuav pab koj tus me nyuam kom rov zoo sai. Tej zaum koj tus me nyuam yuav chim tias nws koom tsis tau hauv cov kev ua si.

3. Kawm ntxiv txog kev tsoo taub hau raug mob nrog koj tus me nyuam los yog tus hluas. Tham txog qhov yuav muaj feem mus ntev ntawm kev raug mob saum taub hau thiab cov teeb meem uas tshwm sim los ntawm qhov rov qab mus ua cov dej num li niaj zaus ua sai heev (tshwj xeeb yog cov kev ua si thiab kev kawm/siv hlwb).

## Kuv yuav pab tau kuv tus me nyuam rov qab mus kawm ntawv tom qab ib qho kev tsoo taub hau raug mob li cas?

Pab kom koj tus me nyuam los yog tus hluas tau qhov kev txhawb nqa thaum rov qab mus kawm ntawv tom qab raug mob saum taub hau tas. Nrog koj tus me nyuam cov neeg saib xyuas lub tsev kawm ntawv, cov kws qhia ntawv, cov kws ntsuam mob hauv tsev kawm ntawv, tus kws cob qhia, thiab tus neeg pab tawm tswv yim tham txog koj tus me nyuam qhov uas tsoo taub hau raug mob thiab cov tsos mob. Tej zaum koj tus me nyuam yuav ntxhov siab, tu siab, thiab tej zaum npau taws vim nws ua nws cov ntawv tom tsev kawm ntawv tsis cuag ncuat thiab kawm tau qeeb zog tom qab ib qho kev tsoo taub hau raug mob. Tej zaum koj tus me nyuam yuav xav tias nws nyob ib leeg thiab tsis muaj neeg nrog tham. Tham kom heev nrog koj tus me nyuam txog cov teeb meem no thiab muab koj txoj kev txhawb nqa thiab kev txhawb zog. Thaum uas koj tus me nyuam cov tsos mob pib txo zuj zus, qhov kev pab tshaj ntawd los yog kev txhawb nqa ntawd yuav maj mam tsawg zog los tau. Cov me nyuam thiab cov hluas uas rov qab mus kawm ntawv tom qab ib qho kev tsoo taub hau raug mob tej zaum yuav tsum:

- So txhua zaus uas xav tias yuav tau so,
- Siv sij hawm tsawg zog tom tsev kawm ntawv,
- Muab sij hawm ntxiv los xeeb ntawv los yog rau cov ntawv koj los ua,
- Tau kev pab txog cov ntawv koj los ua tom tsev, thiab/los yog
- Txo lub sij hawm uas siv nyeem ntawv, sau ntawv, los yog saib computer.

Yog xav kawm ntxiv txog kev tsoo taub hau raug mob mus rau [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion) los yog hu rau 1.800.CDC.INFO.



# DAIM NTAWV POM ZOO NTAWM NIAM TXIV THIAB TUS NEEG XYAUM TXUJ TES TAW

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Ua Leej Niam Leej Txiv thiab ib Tug Neeg Xyaum Txuj Tes Taw nws yog ib qho tseem ceeb uas yuav tau paub txog cov cim qhia, cov tsos mob, thiab cov cwj pwm ntawm kev tsoo taub hau raug mob. Thaum kos npe rau daim ntawv no koj hais tias koj nkag siab qhov tseem ceeb ntawm kev paub thiab pab rau cov cim qhia, cov tsos mob, thiab cov cwj pwm ntawm kev tsoo taub hau raug mob los yog raug mob rau lub taub hau.

## Niam Txiv Kev Pom Zoo:

Kuv \_\_\_\_\_ tau **nyeem** Cov Lus Qhia Txog Kev Tsoo Taub Hau Raug Mob thiab Kev Raug Mob Rau Taub Hau Rau Niam Txiv thiab **nkag siab** seb kev tsoo taub hau raug mob yog dab tsi thiab seb tej zaum yuav tshwm sim li cas. Kuv tseem nkag siab ntxiv txog cov cim qhia, cov tsos mob, thiab cov cwj pwm uas nquag pom muaj heev. Kuv pom zoo tias yuav tsum tau muab kuv tus me nyuam tshem tawm ntawm kev xyaum/kev ua si yog hais tias xav tias muaj ib qho kev tsoo taub hau raug mob.

Kuv nkag siab tias nws yog kuv txoj dej num los nrhiav kev kho mob yog hais tias tau qhia rau kuv lawm tias tej zaum tau tsoo taub hau raug mob.

Kuv nkag siab tias kuv tus me nyuam yuav rov qab mus xyaum/ua si tsis tau kom txog thaum uas ib tug kws kho mob sau ib daim ntawv tso cai rov qab mus ua si rau nws tus neeg cob qhia nws ua si tso.

Kuv nkag siab txog qhov uas tej zaum yuav tshwm sim yog tias cia kuv tus me nyuam rov qab mus xyaum/ua si sai sai.

Niam Txiv/Tus Neeg  
Saib Xyuas Kos Npe \_\_\_\_\_ Hnub Tim \_\_\_\_\_

## Tus Neeg Xyaum Txuj Tes Taw Kev Pom Zoo:

Kuv \_\_\_\_\_ tau **nyeem** Cov Lus Qhia Txog Kev Tsoo Taub Hau Raug Mob thiab Kev Raug Mob Rau Lub Taub Hau rau Tus Neeg Xyaum Txuj Tes Taw thiab **nkag siab** seb kev tsoo taub hau raug mob yog dab tsi thiab seb tej zaum yuav tshwm sim li cas.

Kuv nkag siab txog qhov tseem ceeb ntawm kev qhia txog ib qho uas tej zaum tsoo taub hau raug mob rau kuv cov neeg cob qhia kuv thiab kuv niam kuv txiv/cov neeg saib xyuas.

Kuv nkag siab tias yuav tsum tau muab kuv tshem tawm ntawm kev xyaum/kev ua si yog xav hais tias muaj kev tsoo taub hau raug mob. Kuv nkag siab tias kuv yuav tsum tau muab ib daim ntawv tso cai rau kuv rov qab mus ua si los ntawm ib tug kws kho mob es muab rau kuv tus neeg cob qhia kuv mas kuv thiaj li rov qab mus xyaum/ua si tau.

Kuv nkag siab txog qhov uas tej zaum yuav tshwm sim thaum rov qab mus xyaum/mus si sai dhau thiab yuav tsum tau muab sij hawm rau kuv lub hlwb kom nws rov zoo.

Tus Neeg Xyaum  
Txuj Tes Taw Kos Npe \_\_\_\_\_ Hnub Tim \_\_\_\_\_

# Cov Lus Nug thiab Cov Neeg Yuav Mus Cuag Tau Rau

Npe \_\_\_\_\_ Hnub Tim \_\_\_\_\_

Qhov Chaw Nyob \_\_\_\_\_

Nroog \_\_\_\_\_ Zauv Cheeb Tsam \_\_\_\_\_ County \_\_\_\_\_

Xov Tooj \_\_\_\_\_ Email \_\_\_\_\_

Hnub Nyoog \_\_\_\_\_ Lub Tsev Kawm Ntawv \_\_\_\_\_

Cheeb Tsam Tsev Kawm Ntawv \_\_\_\_\_

## Kos Tag Nrho Cov Uas Raug

Kuv koom rau hauv:

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Football      | <input type="checkbox"/> Ntaus Pob         | <input type="checkbox"/> Txawb Pob Nkag            | <input type="checkbox"/> Hockey                  |
| <input type="checkbox"/> Ncaws Pob     | <input type="checkbox"/> Baseball/Softball | <input type="checkbox"/> Qhov (Basketball)         | <input type="checkbox"/> Wrestling               |
| <input type="checkbox"/> Track & Field | <input type="checkbox"/> Golf              | <input type="checkbox"/> Volleyball                | <input type="checkbox"/> Skiing/<br>Snowboarding |
| <input type="checkbox"/> Gymnastics    | <input type="checkbox"/> Cross Country     | <input type="checkbox"/> Cheerleading              |  |
|  | <input type="checkbox"/> Ntaus Pob Tennis  | <input type="checkbox"/> Ua Luam Dej &<br>Dhia Dej |  |

Lwm Yam \_\_\_\_\_

Lub Npe Ntawm Pab Tam Sim No \_\_\_\_\_

1. Koj puas tau tsoo taub hau raug mob ib zaug dua li? \_\_\_\_\_, yog tau, pes tsawg zaus? \_\_\_\_\_
2. Koj puas tau muaj cov tsos mob rau kev tsoo taub hau raug mob ib zaug dua li? \_\_\_\_\_  
Koj puas tau qhia txog cov no? \_\_\_\_\_

## Cov Neeg Yuav Hu Tau Thaum Muaj Xwm Txheej Ceev:

Npe: \_\_\_\_\_ Kev Sib Txheeb: \_\_\_\_\_

Tus Xov Tooj: \_\_\_\_\_

Npe: \_\_\_\_\_ Kev Sib Txheeb: \_\_\_\_\_

Tus Xov Tooj: \_\_\_\_\_

Thov teb daim ntawv no thiab xa mus rau tus neeg uas saib xyuas cov me nyuam cov kev ua si ntaus pob ncaws pob.