

**Pacific Crest Youth Arts Organization
Parent & Member Concussion Information Sheet**

What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally processes and works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. What we used to consider just “getting your bell rung” or a mild hit to the head can be serious.

What are common signs and symptoms of a concussion?

Cognitive/ Thinking	Physical	Emotional	Sleep
feeling mentally "foggy"	Headaches	nervousness	Drowsiness
problems concentrating	Nausea	anxiety	Sleeping more than usual
problems remembering	Fatigue	sadness	sleeping less than usual
feeling more slowed down	Visual Problems	irritability	trouble falling asleep
feeling "off" in any way	Balance Problems	personality changes	
Confusion	Sensitivity to light		
	sensitivity to noise		
	numbness/tingling		
	vomiting		
	Dizziness		
	"pressure in head"		



BOTTOM LINE: If you suspect that a member has a concussion, STOP all activity and go to the Health Team for evaluation.

****** If a member does have a concussion, his/her brain needs time to fully heal, and that can only be done through rest. Without proper healing time, there is a much higher risk for severe complications. Remember, it is better to miss one week or one show than the full season. You only get one brain; protect it!