

CONCUSSION: WHAT YOU NEED TO KNOW

WHAT IS A CONCUSSION?

A concussion is an injury to the brain. It is caused by a blow to the head from an object or a fall. It can also be caused by the head being shaken really hard.



WHAT ARE THE COMMON CAUSES OF CONCUSSION?

- A crash such as on a bike or in a car
- A fall
- A sports injury, such as a hard hit to the head in football, soccer, or basketball

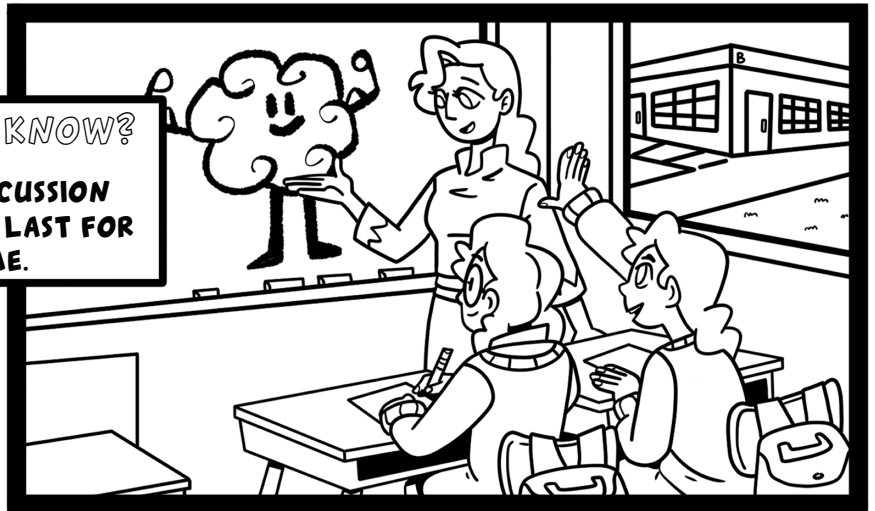


WHAT ARE COMMON SYMPTOMS OF CONCUSSION?

- Headaches
- Hard time paying attention
- Trouble thinking clearly
- Feeling tired or no energy
- Forgetting things
- Dizziness or blurry vision
- Nausea or upset stomach
- Bothered by noise, bright light, or crowds
- Sleep too much or too little

DID YOU KNOW?

MOST CONCUSSION SYMPTOMS LAST FOR A BRIEF TIME.



WHAT TO DO IF YOU THINK YOU OR A PEER HAVE A CONCUSSION?

A hit to the head may result in an injury to the brain. Tell a trusted adult (like parent, teacher, coach, nurse) right away. They may contact a doctor.



TBI Bundle for American Indian Children and Youth

Source: The content of this poster was adapted from the fact sheet entitled *Concussion Recovery*, which was developed by Robin Hanks, PhD; Kathy Bell, MD; and Laura Dreer, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org/>). Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government. Copyright © 2025 American Institutes for Research. May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials. Canted FX Font by Nils Cordes.

