

# ATHLETES CONCUSSION



## If you think an athlete has a concussion:

- Remove them from play.
- Inform their parents or guardians.
- Make sure they're evaluated by a doctor.
- Keep them out of play until a doctor approves their return.

## Call 911 or go to the emergency room if any of these symptoms occur:

- Blood or clear fluid draining from nose or ears
- Weakness, numbness or tingling in limbs
- Severe headache, dizziness, agitation or confusion
- Slurred speech, trouble walking or double vision
- Continuous nausea or vomiting
- One pupil larger than the other
- Convulsions or seizures
- Loss of consciousness



## Symptoms may not occur for days, weeks or months. See a doctor if you notice any of these symptoms after injury:

- Changes in personality, behavior or mood
- Disrupted sleep
- Sensitivity to light and noise
- Headaches or neck pain that won't go away
- Changes in work or school performance
- Concentration or memory problems



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**TEXAS**  
Health and Human  
Services

To learn more,  
visit [hhs.texas.gov/brain-injury](https://hhs.texas.gov/brain-injury)  
or call **512-706-7191**.