

Maimonides Children's Hospital

Brooklyn's *Only* Pediatric Trauma Center

Concussion Prevention

Did you know that a concussion is a traumatic brain injury? Traumatic brain injuries are caused by bumps or jolts to the head, resulting in a disruption of normal brain function. The severity can range from a brief change in mental status to extended unconsciousness or amnesia. Get familiar with the signs and symptoms of a concussion to know if you should seek medical attention.

Prevention

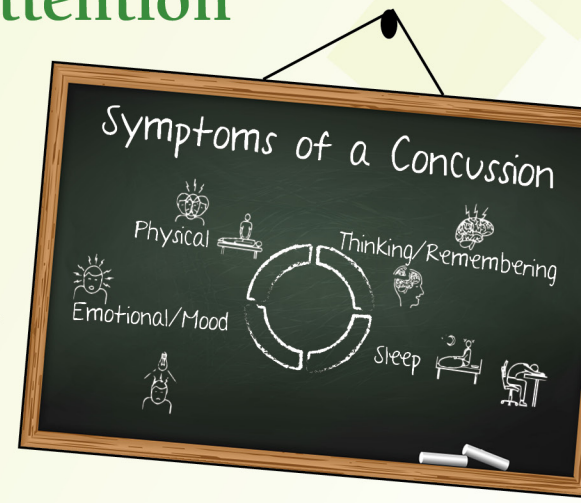


- Buckle your child into the proper car seat for their height, weight, and age.
- Make sure your child wears a helmet made specifically for the child's sport or activity.
- Install window guards and safety gates in your home to prevent falls.
- Make sure the child's playground has a surface made out of shock-absorbing material, like sand or mulch.





When to Seek Medical Attention



- Symptoms of a concussion fall into four major categories: Thinking/Remembering, Physical, Emotional/Mood, and Sleep. Some symptoms may occur right away, while others may be noticed days or months after the injury.
- Seek medical attention after a head injury if your child has a headache that will not go away, repeated vomiting, weakness or numbness, decreased coordination, or slurred speech.
- Take your child to the emergency room right away if they lose consciousness, have seizures, cannot wake up and look drowsy, will not eat, or will not stop crying and are inconsolable.

For more information on traumatic brain injuries, please visit www.cdc.gov/traumaticbraininjury

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