The Texas TBI Program is supported in part by Project # H21MC6375 from the Dept. of Health and Human Services (DHHS) Health Resources and Services Administration, Maternal and Child Health Bureau, Federal TBI Program.

**If an athlete has a concussion:**
- Remove him or her from play
- Inform parents/guardians of the injury
- Ensure the athlete is evaluated by a doctor
- Keep out of play until a doctor approves his or her return

**CALL 911 or go to the EMERGENCY ROOM if the athlete experiences any of the following:**
- Blood or clear fluid draining from nose or ears
- Weakness, numbness, or tingling in limbs
- Loss of consciousness
- Severe headache
- Trouble walking
- Slurred speech
- Double vision
- Vomiting
- Dizziness
- Agitation
- Confusion
- Seizure

**CONCUSSION IS A BRAIN INJURY... TAKE IT SERIOUSLY!**

Symptoms may not show up for days, weeks, or months. See your child’s doctor if you notice any of these changes after the injury:
- Change in personality, behavior, or mood
- Sleep disturbances
- Sensitivity to light and noise
- Headaches or neck pain that won't go away
- Changes in school performance
- Concentration or memory problems

For more info:
See [www.headsafetytexas.org](http://www.headsafetytexas.org)
Texas Office of Acquired Brain Injury
512-706-7191
OABI@hhsc.state.tx.us

Brain Injury Association of America—Texas Division
512-987-0101
[www.biausa.org/Texas](http://www.biausa.org/Texas)

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