

CONCUSSION CARD



SYMPTOMS REPORTED BY ATHLETE:

- ◆ Headache or “pressure” in head
- ◆ Nausea or Vomiting
- ◆ Balance problems or dizziness
- ◆ Sensitivity to light and noise
- ◆ Feeling sluggish, hazy, foggy, or groggy
- ◆ Concentration or memory problems
- ◆ Confusion
- ◆ Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- ◆ Appears dazed or stunned
- ◆ Is confused about assignment or position
- ◆ Unsure of game, score, or opponent
- ◆ Answers questions slowly
- ◆ Loses consciousness (even briefly)
- ◆ Shows mood, behavior, or personality changes
- ◆ Can’t recall events prior to hit or fall
- ◆ Can’t recall events after hit or fall

IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from activity
2. Keep the athlete out of play the day of the injury.
3. Obtain permission from an appropriate health care professional that states the athlete can return to play.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says that they are

IMPORTANT CONTACT INFORMATION:

EMERGENCY MEDICAL SERVICE

Hunterdon Medical Center- Emergency Room
2100 Westcott Drive
Flemington, NJ 08822
P: (908) 788-6400

HEALTH CARE PROFESSIONAL

MidJersey Orthopaedics - Concussion Program
8100 Westcott Drive
Flemington, NJ 08822
P: (908) 782-0600



ATHLETIC TRAINER ONSITE

Ms. Carissa Macay, MS, ATC, CSCS
301 Case Boulevard
Flemington, NJ 08822
P: (908) 284-5195

