

## CONCUSSION FACT SHEET FOR UMPIRES

### What is a concussion?

A concussion is an injury to the brain that:

- Is caused by a blow to the head or body from contact with a player, ball, bat or the ground.
- Changes the normal functioning of your brain.
- Can range from mild to severe.
- Even a "ding," "getting you bell rung" or what seems to be a mild blow to the head can be serious
- Presents itself differently for each person and each injury.
- Can happen even if you do not lose consciousness.

### What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away.

Other symptoms can show up hours or days after the injury.

Symptoms of concussion include:

- Amnesia (Memory loss of events before or after injury)
- Confusion
- Headache
- Numbness or tingling
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling tired, sluggish, foggy or groggy
- Feeling unusually irritable, sad or nervous
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time
- Trouble sleeping (sleeping more or less than usual)

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, playing video games or flying may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.



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