



Injury **FACTS**

What is **PHYSICAL TRAUMA**?

- A physical injury commonly caused in childhood by drowning, falls, fires or burns, poisoning, suffocation, and transportation-related injuries
- Falls leading to a closed or penetrating traumatic brain injury (TBI) are the most common physical trauma

What is a **CONCUSSION**?

- A concussion is a bump, blow or jolt to the head that causes the brain to move quickly back and forth inside the skull
 - It is considered “mild” because it is usually not life-threatening
 - ALL CONCUSSIONS ARE SERIOUS
- Management of a concussion:
 - Immediately remove the child from the activity
 - Assess for signs & symptoms of a concussion
 - Do not let the child return to the activity with signs & symptoms
 - When in doubt, keep the child away from the activity
 - Have the child evaluated by an appropriate health care professional
 - Inform parent(s)/guardian about possible concussion
 - Adhere to the new concussion law Code Section 49475
→ Before returning to a sponsored extracurricular athletic program student must be cleared of a suspected concussion by a health care provider

What **NOT** to do in case of a physical trauma:

- Do NOT wash a head wound that is deep or bleeding a lot.
- Do NOT remove any object sticking out of a wound.
- Do NOT move the person unless absolutely necessary.
- Do NOT shake the person if he or she seems dazed.
- Do NOT pick up a fallen child with any sign of head injury.

How can physical trauma be prevented (the three E’s to injury prevention)?

- Education
 - Know the importance of supervising children
AT ALL TIMES
 - Know the signs & symptoms of TBI
 - Know what to do in case of an injury
- Enforcement
 - Adhere to the new concussion law code Section 49475
- Engineering
 - Ensure a safe playground with safe, soft, and well-maintained playground equipment

Mild Signs & Symptoms

Signs:

Appears dazed or stunned
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Behavior or personality changes
Can’t recall events prior/after hit/fall

Symptoms:

Headache
Nausea & vomiting
Balance problems or dizziness
Sensitivity to light or noise
Feeling sluggish/hazy/foggy/groggy
Confusion, concentration or memory problems
Does not “feel right”

Severe Signs & Symptoms

Extended period of unconsciousness (coma)
Memory loss/amnesia
Extremity weakness
Impaired coordination and balance
Hearing, vision, perception and touch impairment
Long-term depression, anxiety, aggression, impulse control, personality changes

Resources

Center for Disease Control and Prevention
1600 Clifton Rd. Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636)
E: cdcinfo@cdc.gov
<http://www.cdc.gov/traumaticbraininjury/>
www.cdc.gov/concussion/headsup/index.html

BRAIN INJURY ASSOCIATION OF AMERICA
1608 Spring Hill Road, Suite 110
Vienna, VA 22182
Brain Injury Information Only:
1-800-444-6443
<http://www.biausa.org/index.htm>