



# Concussion safety

Concussions are an unfortunate risk many youth athletes face. In fact, 50% of child concussions are sports-related. Girls have a higher incidence rate of concussions than boys; also, an athlete who sustains a concussion is 4-6 times more likely to sustain a second concussion.

**See the reverse side for more about concussion safety.**



# Concussion safety

A person doesn't have to lose consciousness to have a concussion and most concussions occur during games, not practices. If you suspect a child may have a concussion, look for these signs:

- **Physical** – headache, dizziness or nausea
- **Cognitive** – confusion, difficulty concentrating
- **Emotional** – fatigue, irritability, anger
- **Sleep** – insomnia or excessive sleepiness

Concussions are serious and the possibility of having one should never be taken lightly. If your child sustains a pediatric trauma, take them to the emergency room for an evaluation with a neurological physician.

For more information, visit  
[glennon.org/safetyprogram](https://glennon.org/safetyprogram)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

