



Protection Is the Name of the Game



Concussion Facts

A concussion is a type of brain injury that often happens without the loss of consciousness. It may happen as a result of a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. All concussions are serious and need to be tended to immediately by a physician or other professional medical personnel.

Concussion Signs

Parents should report if any child:

- Appears dazed or stunned
- Is confused about activity or position
- Forgets sports plays or instructions
- Is unsure of activity details, game, score, or opponent
- Moves clumsily or with poor balance
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after the hit or fall

Concussion Symptoms

Your child may have a concussion if they report:

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy
- Concentration or memory problems
- Confusion
- Feeling more emotional, nervous, or anxious
- Does not "feel right"

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Next Steps

If you suspect that a child may have a concussion...

1. Remove the child from the activity. (When in doubt, sit them out.)
2. Seek immediate medical attention. Do not try to judge the severity of the injury yourself. Healthcare professionals have a number of methods that they use to assess injuries. Record the following information and provide to the healthcare professional:
 - Cause of the injury and the force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, the duration
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
3. Keep the child out of play the day of the injury and until an appropriate healthcare professional says he or she is symptom-free and is okay to return to play.

For information about accident insurance solutions the AIG companies offer for amateur sports organizations, recreational organizations, and educational institutions, visit aig.com/ahead-of-the-game.com.

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