



# TOWN OF WAYLAND

41 COCHITUATE ROAD  
WAYLAND, MASSACHUSETTS 01778

## Wayland Board of Health Concussion Guide for Parents

According to the Centers for Disease Control and Prevention (CDC), a concussion is a Traumatic Brain Injury (TBI) caused by a bump, blow, or jolt to the head. Concussions may also occur from a blow to the body that causes the head and brain to move rapidly back and forth.

**Concussions may occur immediately or up to 48 hours after head jarring incident.**

Not all blows or jolts to the head or body result in a concussion/TBI.

### Common Concussion Symptoms:

Physical	Thinking/Remembering	Emotional	Sleep
Headache or "pressure" in head	Difficulty thinking clearly	Irritable	Drowsy
Nausea or Vomiting	Difficulty concentrating or	Sadness	Sleeping less than usual
Fatigue or feeling tired	Feeling more slowed down	Nervousness	Sleeping more than usual
Balance problems or dizziness	Feeling sluggish	More emotional than usual	Trouble falling asleep
Blurry or Double Vision	Feeling hazy		
Numbness or Tingling	Feeling foggy or groggy		
Sensitivity to light or noise			
Does not "feel" right			

### Danger Signs that indicate individual being seen in emergency room right away:

- One Pupil (black part in the middle of the eye) is larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse or does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred Speech
- Seizures or convulsions
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual or not typical behavior
- Loss of consciousness (even a brief period)

**\*\*If your child seems different in anyway within 48 hours of the head jarring incident you should follow up with your child's medical provider or seek the nearest emergency room.**

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