**WHAT IS CONCUSSION?**

Concussion is a mild form of traumatic brain injury, which is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. TBIs are classified by the severity of injury, from mild to severe.1

3.8MM

Concussions occur in the United States each year during competitive sports2

50%

Of concussions may go unreported3

**COMMON SIGNS / SYMPTOMS3**

**PHYSICAL**

- Headache; fuzzy or blurry vision; nausea or vomiting (early on); dizziness; sensitivity to noise or light; balance problems; feeling tired or lacking energy

**EMOTIONS/MOOD**

- Irritability; sadness; being more emotional than usual; nervousness or anxiety

**THINKING/REMEMBERING**

- Difficulty thinking clearly; feeling slowed down; difficulty concentrating; difficulty remembering new information

**SLEEP**

- Sleeping more or less than usual; trouble falling asleep

Some symptoms appear right away, while others may not be noticed for days or months after the injury

**U.S. SPORTS WITH HIGHER CONCUSSION RATES2**

Soccer is the leading cause of concussions in female high-schoolers3

In high school, 60% of concussions are football related1

**FOOTBALL**

**SOCCER**

**HOCKEY**

**RUGBY**

**BASKETBALL**

**SPOTTING A CONCUSSION3**

Concussion is a clinical diagnosis. It isn’t something that can always be identified on the field.

**IF IN DOUBT, SIT IT OUT3**

Athletes who seem to have suffered a concussion should be immediately removed from play and evaluated by a licensed health care provider.

To learn more about concussion, please visit www.abbott.com and www.brainline.org

**REFERENCES**