

Concussion Fact Sheet

How can I keep myself safe?

1. *Know the symptoms. (You may experience ...)*

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

2. *Speak up.*

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. *Take time to recover.*

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function.

What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions may have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

Concussion Timeline



Return to Learn

Albright student-athletes are students first and their academic pursuits should be a high priority.

Student-athletes are encouraged to start working on their academic assignments and preparing for exams and quizzes **at least one week ahead** of time. The following student responsibilities should be completed on a daily basis:

- Reading textbooks
- Completing homework
- Writing papers (any stage of the writing process)
- Researching topics
- Completing projects
- Reviewing notes from class
- Using resources, such as tutors, professors' office hours, and the writing center
- Adding assignments in a planner or an app, such as MyHomework

Recovery tips for concussions

- Get plenty of sleep at night, and rest during the day
- Eat a nutritious and well-balanced diet
- Avoid the following activities:
 - Weightlifting/working-out
 - Contact or recreational sports
 - Roller coasters and other high speed rides
 - Activities that require concentration, such as playing video games and studying
- Minimize the use of electronics and any mobile devices, mobile phones, TV's, computers, and other devices with a screen
- Take only those drugs that your health care professional has approved
- Do not drink alcoholic beverages until your health care professional says you are well enough. Alcohol and other drugs may slow your recovery and put you at risk of further injury.

Departments to Contact

- Gable Heath Center: 610-921-7532
- Disability Services: 610-929-6639
- Athletic Training and Sports Medicine: 610-921-7827

Please sign below after you have read this statement. Your signature indicates that you have received and reviewed Albright College's Concussion Fact Sheet.

Student Name (Print)

Student Signature

_____/_____/20____