6 Steps to Take During Any Medical Emergency

1. Recognize the emergency.
2. Check the scene for safety issues.
3. Check the person. If no response, move to Step #4.
4. Call 9-1-1 when appropriate.
5. Obtain consent and care for person until help arrives.
6. Have the person seek medical attention when appropriate.

Concussion

Concussions are brain injuries that can result from a blow to the head or from sudden, violent movement of the head, such as whiplash. Concussions can be mild to severe and show no external signs of trauma.

SIGNS AND SYMPTOMS

- Headache or head pressure, feeling stunned or dazed
- Nausea, dizziness or visual disturbances
- Sensitivity to light and noise
- Confusion and difficulty remembering
- Change in level of consciousness  
  (Note: Most concussions do not involve a loss of consciousness.)

STEPS TO TAKE

1. Encourage the victim to rest and avoid physical activity or activities that could cause additional head trauma.
2. The victim should not take any pain reliever unless directed by a health care provider.
3. The victim should be evaluated by a health care provider before resuming physical activity.
4. If the victim’s symptoms are severe or become worse, call 9-1-1 or seek medical attention immediately.