



## Protection Is the Name of the Game

### Concussion Facts

- A concussion is a type of brain injury, often happening without the loss of consciousness.
- Concussions are the result of a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.
- Concussions can have a long-term impact on a person’s cognitive, physical, and psychological functions.
- All concussions need to be tended to immediately by a physician or other professional medical personnel.
- **All concussions are serious.**

### Concussion Signs and Symptoms

**Parents supervising affected children may report any of the following about the 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

**Your child might have a concussion if they report any of the following symptoms:**

- 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”

Seek immediate medical attention for any child reporting these or similar symptoms.



DID YOU  
KNOW?

EACH YEAR

**2.4 MILLION**

Americans sustain brain injuries, including **475,000** children. About **75%** of Traumatic Brain Injuries (TBIs) that occur each year are concussions or other forms of mild traumatic brain injury (MTBI).<sup>1</sup>

**163,670**

children were seen in emergency departments in 2013 for sports-related concussions — **that's one child every three minutes.**<sup>2</sup>

ALMOST HALF OF YOUTH sports-related concussions (**47%**) occur in children ages

**12–15 YEARS OLD.**<sup>2</sup>

## What Happens Next?

### If you suspect that a child may have a concussion, implement this three-step action plan:

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 can use to assess the severity of concussions. Parents should record the following information that can help healthcare professionals in assessing the child after the injury:
  - 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 your 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 more information about the accident insurance solutions we offer for amateur sports, recreational organizations and educational institutions, please contact your AIG Benefit Solutions representative, visit [aig.com/aheadofthegame](http://aig.com/aheadofthegame), or email [aheadofthegame@aig.com](mailto:aheadofthegame@aig.com).

The Center for Disease Control has a wealth of concussion-related resources available as part of their Heads Up program. For more information on preventing, recognizing, and responding to a concussion, visit [cdc.gov/headsup/youthsports](http://cdc.gov/headsup/youthsports).



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1. Source: [www.safekids.org/blog/think-about-it](http://www.safekids.org/blog/think-about-it).

2. Source: Ferguson RW. Safe Kids Worldwide Analysis of CPSC NEISS data, 2014.

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