

# LIFESTYLE LESSONS



Personal risk management tips provided by: Peabody Insurance Agency

## Did You Know?

According to the U.S. Centers for Disease Control and Prevention (CDC), 4 million people get concussions each year. Children may be especially prone to concussion while participating in sporting activities. Concussions are a traumatic brain injury and can have a long-term impact on the health of your child. Below is basic information for preventing and treating concussions.

## CHILDREN AND CONCUSSIONS

If your child exhibits any of these symptoms, he or she should be taken to an emergency room:

- Loss of consciousness
- Severe headache, including a headache that gets worse
- Blurred vision
- Confusion or slurred speech
- Unresponsiveness or difficulty waking up

Call your doctor to report other symptoms:

- Vomiting
- Dizziness
- Headache
- Trouble concentrating

Many concussions don't require hospitalization, so it's important to know how to treat your child at home.

- For the first 72 hours after a concussion monitor his or her symptoms.
- While symptoms are still present, be sure that your child doesn't engage in physical or mental activity that could worsen his or her symptoms. This includes sports, schoolwork, electronic devices or anything else besides basic activities involved in day-to-day life.
- If your child has a headache that worsens quickly, or he or she has lingering symptoms such as confusion or continued vomiting, call your doctor immediately.

## Healthy Hints

Safety gear and other simple prevention steps can help prevent your child from getting a concussion. All children should wear properly fitting headgear and other protective equipment when playing sports or biking.