

FIFA[®]

CONCUSSION

OVERVIEW

PROFESSIONAL

WHAT IS CONCUSSION?

Concussion is a traumatic brain injury caused by knocks, bumps or blows to the head (or forces transmitted to the head e.g. by a blow to the body).

Most people with concussion recover fully with time.

REDUCE THE RISK OF COMPLICATIONS



BE AWARE

Concussion should always be taken seriously. No game – even at elite level - is worth the risk.

Know the common signs of concussion as well as when to seek urgent medical advice.



SUSPECT

Have you or a team-mate sustained a direct or indirect impact to the head, face, neck or body?

Symptoms may take up to 72 hours to present following an impact.



PROTECT

The Team Doctor will determine if you or your team-mate should leave the pitch, and if and when return to play is possible.

Any player who wishes to leave the field of play should be supported to do so. A second impact can have serious health consequences.

KNOW THE SYMPTOMS

HEADACHE OR PRESSURE

PROBLEMS WITH BALANCE, DIZZINESS OR BEING UNSTEADY

DISTORTED, BLURRY OR DOUBLE VISION

SENSITIVITY TO LIGHT AND/OR NOISE

NAUSEA OR VOMITING

MEMORY PROBLEMS

SLEEP PROBLEMS

FEELING DROWSY, CONFUSED OR UNABLE TO FOCUS



WARNING!

Urgent medical attention is needed if any of these symptoms appear:

- Increased confusion
- Worsening or loss of vision
- One pupil larger than the other
- Slurred or slowed speech
- Decreased coordination
- Weakness or numbness in any part of the body
- Drowsiness or inability to wake up
- A persistent and worsening headache
- Repeated nausea or vomiting
- Convulsions or seizures
- Strange or varying behaviours e.g. restlessness or agitation
- Loss of consciousness (no matter how brief)

FIND OUT MORE

**NO MATCH IS
WORTH THE RISK**

