

# 3 students suffer a concussion each day at school.

## Students



**61%**

of concussions happen among male students.



**37%**

happened during lunch recess or PE class.



**Over half**

of A concussions were reported in September & October, the beginning of the

## Schools



**80%**

of schools have required training about concussions for their staff.



**66%**

of Utah schools require coaches or trainers to receive concussion materials.

## HB204

1. All organized amateur sports must have a concussion policy signed by and given to parents.
2. If a concussion is suspected, the child can't play or return until cleared by a medical professional.

# Recognize a Concussion

### The injured student may:

- Appear dazed or stunned
- Seem confused
- Lose memory of just before or after the injury
- Have balance, coordination & gait problems
- Show a change in personality
- Respond slowly to questions
- Lose consciousness for any length of time

### The injured student may experience:

- Headache
- Fatigue
- Nausea or vomiting
- Double vision, blurry vision
- Sensitivity to light and noise
- Feeling "sluggish" & "foggy"
- Poor recall and concentration

## References

Utah Department of Health. Student Injury Reporting System. Access: <https://sir.health.utah.gov/>.

Utah Department of Health. School Profiles Survey, 2018.