

LIFESTYLE

LESSONS



Children and Concussions

According to the Centers for Disease Control and Prevention, 4 million people experience concussions each year. Children may be especially prone to concussions while participating in sporting or recreational activities. Nevertheless, concussions are traumatic brain injuries and can have long-term impacts your child's health. Don't let your child become another statistic. Keep reading for guidance on identifying and treating concussions.

Concussion Symptoms

In most cases, concussions are caused by a blow to the head. If your child experiences a head injury and displays the following symptoms, they may have a concussion:

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

When these symptoms occur, it's critical to take your child to the hospital as soon as possible for appropriate medical attention.

Home Remedies for Concussions

Some minor concussions do not require hospitalization. In these instances, you can treat your child at home with these tips:

- For the first 72 hours after a head injury occurs, monitor your child's symptoms.
- While symptoms are still present, be sure that your child doesn't engage in any physical or mental activities that could worsen their symptoms, such as sports, schoolwork, electronic device usage, or anything else besides basic tasks involved in day-to-day life.
- If your child has a headache that worsens quickly, or they have lingering symptoms—such as confusion or continued vomiting—call your doctor immediately.

Prevention Is Key

All children should wear properly fitting headgear and other protective equipment when playing sports or biking.