

# Concussion Action Plan (CAP)

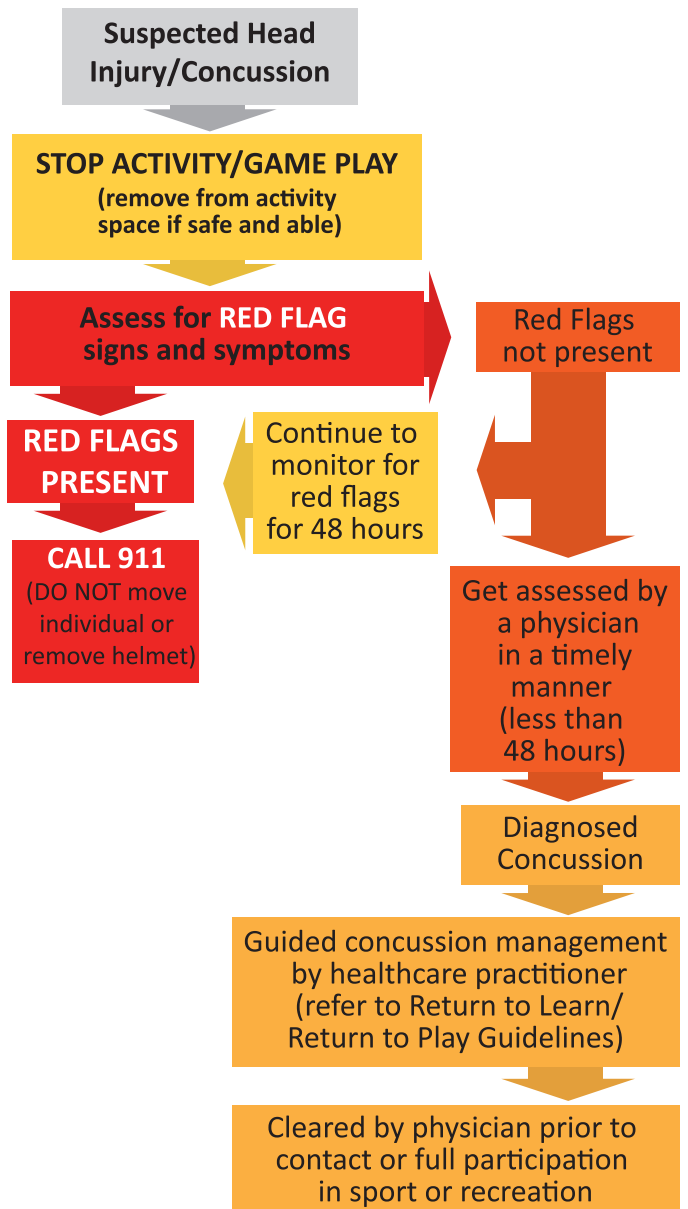
## RED FLAG

### Signs and Symptoms

- Blocked airway / Not breathing
- Poor circulation
- Loss of consciousness
- Headaches that worsen
- Seizures
- Memory Loss
- Looks drowsy or cannot be awakened
- Repeated vomiting
- Slurred speech
- Cannot recognize people or places
- Increase confusion; unusual behavior change; irritability
- Weakness or numbness in arms or legs
- Neck Pain
- Double Vision

## Signs and Symptoms of a Concussion

- Headache
- Dizziness
- Blurry Vision
- Feeling "slowed down" or "dazed"
- Sensitivity to light and sound
- Difficulty concentrating
- Difficulty with balance maneuvers
- General confusion
- Difficulty orienting to time and place
- Not feeling like yourself



- If at any time it is suspected that an individual has sustained a concussion, immediately stop all activity. Do not move the individual.
- ACA defines suspected concussion as the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. Please note that concussions can occur from an impact to the head, face, body or no impact at all.
- Concussion may happen in organized sport, unorganized sport, physical education classes, recreational activities. Symptoms can be delayed up to 48 hours.
- When concussion symptoms are present, the injured individual should not take any medication.
- When monitoring the individual, look for red flag and concussion symptoms, as well as symptom severity.