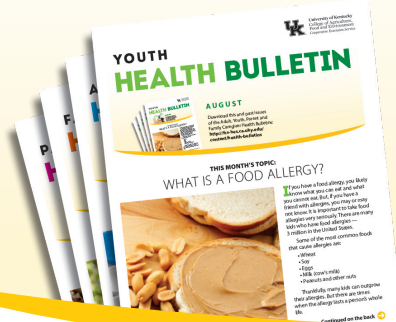




YOUTH HEALTH BULLETIN



MAY 2022

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THIS MONTH'S TOPIC:

PROTECT YOUR BRAIN



Protecting our brains is really important. The brain is the most important organ in our body. Keeping our brains healthy is key because our brain controls all of our body's functions. However, our brain can also be injured. The most common type of brain injury is a concussion.

Continued on the back →



Always wear a helmet when biking, riding a scooter, skateboarding, rollerblading, or playing contact sports.

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What is a concussion?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or if you get hit in the head.

A concussion feels different to each person, so it is important to tell your parents and doctor how you feel. You might notice concussion symptoms right away. Sometimes it takes hours or days until you notice that something is not right.

If you think you have a concussion, tell a parent, guardian, or coach right away! You won't play your best if you are not feeling well. Playing with a concussion is dangerous.

Before you go back to playing, a doctor needs to look at you. Only a doctor or other health-care provider can tell whether you have a concussion and when it is OK to return to school and play.

Brain bumps take time to heal. Most people with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



You may have a concussion if you have any of these symptoms after a bump, fall, or jolt to the head or body:

- Headache
- Feel dizzy, sluggish, or foggy
- Bothered by light or noise
- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or "down"
- Feel confused
- Have problems with sleep

Protect your brain by being sure that any teams you are on have rules to reduce the risk of concussions, such as limits on tackling (football) or heading the ball (soccer). Also, always wear a helmet when skiing, snowboarding, biking, riding a scooter, skateboarding, rollerblading, or playing contact sports like football and lacrosse. A concussion still can happen while you wear a helmet, but the helmet can protect you from a skull fracture and serious brain injury.

REFERENCES:

- https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages11-13-a.pdf
- <https://kidshealth.org/en/teens/concussions.html>

YOUTH
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