Sports injuries in children

Any child or adolescent who may have suffered a concussion must be removed from play until cleared by a health care provider. This is MN state law. **When in doubt, sit them out!**

Injuries in young children

There are additional red flags for young children and infants. If these are present, call 911 or go to the Emergency Department:

- inconsolable crying
- refusing to eat or drink

In general, if a child has been injured and you are concerned, get them checked out.
If you hit your head, you should watch for symptoms of a mild traumatic brain injury (TBI), also called a concussion. Symptoms can develop immediately, or over a few days. Symptoms usually fall into four categories and include:

<table>
<thead>
<tr>
<th>THINKING/REMEMBERING</th>
<th>PHYSICAL</th>
<th>EMOTIONAL HEALTH</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty thinking clearly</td>
<td>Headache</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
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<tr>
<td>Feeling dazed or foggy</td>
<td>Sensitivity to light or noise</td>
<td>More emotional than usual</td>
<td>Sleeping less than usual</td>
</tr>
<tr>
<td>Difficulty concentrating or making decisions</td>
<td>Nausea or vomiting</td>
<td>Feeling nervous or anxious</td>
<td>Trouble falling asleep</td>
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<tr>
<td>Memory challenges</td>
<td>Loss of balance or dizziness</td>
<td>Difficulty adjusting to the injury</td>
<td>Trouble staying asleep</td>
</tr>
<tr>
<td>Difficulty organizing daily tasks</td>
<td>Blurry or double vision</td>
<td>Sadness</td>
<td>Feeling tired, having no energy</td>
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</tbody>
</table>

If you have any of the symptoms listed below or have symptoms that are severe and get worse, go to the Emergency Department right away.

- Severe headache
- Vomiting
- Very sleepy and cannot stay awake
- Loss of consciousness
- Weakness or lack of coordination
- Seizures or convulsions
- One or both pupils get larger
- Slurred speech
- Sudden changes in vision
- Severe confusion or agitation

Call 911

You should see your primary doctor if you are having symptoms. If your symptoms last longer than 7 to 10 days, or you are having trouble returning to work or school, you should be evaluated by one of our brain injury specialists. To schedule an appointment call 612-873-6663.