

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.

Notes:

Traumatic Brain Injury Center

Inpatient TBI Services:

Level I Adult and Pediatric Trauma Center
730 South 8th Street
Minneapolis, MN 55415

Outpatient TBI Services:

Clinic & Specialty Center
715 South 8th Street
Minneapolis, MN 55404

For more information: (612) 873-4172

Appointments: (612) 873-6663

To learn more about brain injury, or to order these brochures, call the Traumatic Brain Injury Center at 612-873-3284.

www.hennepinhealthcare.org/tbi



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:

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



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Call 911 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

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.**