

CONCUSSION OVERVIEW

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury.

For additional information, refer to the links below:

[Symptoms and Fact Sheet for Student Athletes](#)

[Symptoms and Fact Sheet for Parents/Guardians](#)
[Concussion and Head Injury Policy](#)