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Concussions



What Is A Concussion?

A **concussion** is a type of brain injury that is caused by a strong hit to the head. It can be caused by a fall, accident or impact.

Signs and Symptoms

Concussions can **temporarily** change the way you think, give you a really bad headache, make you feel tired and confused, affect your memory, and possibly cause you to lose **consciousness**. Anyone who gets a concussion must see a doctor immediately.

Interesting Stats

Athletes are at higher risk of getting a concussion with 300,000 sports-related concussions every year in the U.S.

Males are twice as likely to get a concussion as females

Treatments



There is no real treatment for a concussion. What you need to do is take care of the symptoms to prevent it from getting worse. Getting plenty of sleep and avoiding tasks that require concentration like reading, playing video games, using mobile phones and computers will help. To help with the headaches, pain relievers like Tylenol can be used. People are also advised to limited physical activities as well as work and school. Once you start feeling better, you can slowly get back into your regular routine.

Concussion – A brain injury caused by a hard hit to the head.

Temporarily – Only lasts for a short while.

Consciousness – Being awake and aware of what is going on around you.

Ecobottle Sample



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Reading Comprehension Questions:

1. Describe a concussion in your own words.
2. Who
3. What are some of the signs and symptoms of a concussion?
4. What
5. What are the most effective ways to avoid getting a concussion?
6. For a
7. How has reading this article changed your idea of concussions and the activities that can cause them?

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TWF READING

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