

Nurses' Nook ... Concussion myths and facts.

Concussions occur in school aged children occur often enough that **all 50 states** have now passed youth concussion safety laws. MA law went into effect in 2010. The legislation includes the education of key partners, protection of youth athletes, and appropriate medical evaluation and return to play guidelines for all public middle and high schools subject to the MIAA rules.

A concussion is a brain injury caused by a bump or blow to the head or to the body which causes the head to move back and forth. Symptoms of a concussion can be headaches, dizziness, light sensitivity, sensitivity to loud noises, feelings of fogginess, inability to concentrate and even mood changes. If your child has suffered a blow to the head or a sudden jolt to the body and has these symptoms immediately or later you should contact your health care provider.

There are many myths about concussions that are explained nicely in this [recent article in Psychology Today](#). In addition, other notable facts about concussion in youth are, that girls get concussed at almost twice the rate of boys *doing an equivalent sport* (research is still out on exactly why) and that concussion is more likely in youth than adults, and is one injury where youth recover more slowly than adults.

If you have any questions please contact the nurse in your child's school and look at the following:

[FLRSD Concussion Policy](#)

[Heads Up to Youth Sports](#)