



Know the Facts About Mild Traumatic Brain Injuries/ Concussions to Protect Your Child

Concussions are traumatic brain injuries (TBI) that should be taken seriously. Recent studies show that these types of injuries are becoming more common, particularly among children who participate in sports. If your child is in gymnastics, tumbling, martial arts, or is playing a sport outside of school, you should make sure the organization is following established safety protocols. This fact sheet offers information that can help you protect your child from an injury that could result in a life-altering disability.

TBI is a serious threat to children's health.



In Delaware, children ages 0–9 and 10–19 incurred the **2nd-** and **3rd-**highest rates of all TBI-related ER visits, respectively, between 2016 and 2020.¹



Sports and recreational activities contribute to over **21%** of all TBI in children and adolescents.²



Ages **0–4** and **15–24** have the second- and third-highest rates of TBI-related ER visits, respectively.³



In Delaware, **57%** of children ages 0–19 with a mild TBI/concussion did not receive follow-up treatment after discharge from an ED.¹



Only **16%** of Delawareans with moderate to severe concussions received cognitive evaluations, from 2016 to 2020.¹



In Delaware from 2016 to 2020, mild TBI/concussions were highest among children ages **10–19**, followed closely by children ages **0–9**.¹

Delaware law has established safety protocols.



- Coaches and officials must complete concussion training once every two years.
- Each athlete and the athlete's parent or guardian must sign a concussion info sheet prior to the beginning of practice or competition.
- If an athlete has signs of a concussion, they must leave the game immediately.
- Written clearance from a qualified physician must be given for return to play.

Be aware of signs of a concussion.



Headache or pressure in the head



Nausea and vomiting



Dizziness or balance problems



Blurred vision, light or noise sensitivity, ringing in the ears



Difficulty concentrating, appearing confused, slurring speech



Feeling tired, slow, sad, irritable, or restless



For more information about the Delaware law, visit the Concussion Protection in Youth Athletic Activities Act (CPYAAA) webpage at <https://scpd.delaware.gov/brainToolkit/biConcussion/index.shtml?dc=conCPYAAA>.

For more information on traumatic brain injuries, visit the SCPD Brain Injury Information webpage at <https://scpd.delaware.gov/brainToolkit/index.shtml>.

¹ Brain Injury Statistics obtained from the Delaware Health Information Network in a study conducted by the State Council for Persons with Disabilities, Brain Injury Committee

² Sports-related Head Injury, American Association of Neurological Surgeons (AANS): A Neurosurgeon's Guide to Sports-related Head Injury (aans.org)

³ Surveillance Report of Traumatic Brain Injury-related Emergency Department Visits, Hospitalizations, and Deaths, 2014, Centers for Disease Control and Prevention

