



# *Injury FACTS*

## **What is PHYSICAL TRAUMA?**

A physical injury commonly caused in childhood by drowning, falls, fires or burns, poisoning, suffocation, and transportation related injuries

Falls leading to a closed or penetrating traumatic brain injury (TBI) are the most common physical trauma

## **What is a CONCUSSION?**

A concussion is a bump, blow or jolt to the head that causes the brain to move quickly back and forth inside the skull

- It is considered "mild" because it is usually not life threatening
- ALL CONCUSSIONS ARE SERIOUS

Management of a concussion:

- Immediately remove the child from the activity
- Assess for signs & symptoms of a concussion
- Do not let the child return to the activity with signs & symptoms
- When in doubt, keep the child away from the activity
- Have the child evaluated by an appropriate health care professional
- Inform parent(s)/guardian about possible concussion
- Adhere to the new concussion law Code Section 49475
  - Before returning to a NOT move the person unless absolutely necessary.
  - Do NOT shake the person if he or she seems dazed.
  - Do NOT pick up a fallen child with any sign of head injury.

## **How can**

## **physical trauma be prevented (the three E's to injury prevention)?**

Education

- Know the importance of supervising children  
AT ALL TIMES
- Know the signs & symptoms of TBI