

Concussion Information and Waiver (脑震荡需知及弃权声明书)

Parent/Athlete Concussion Awareness Information (家长/运动员脑震荡需知)

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

脑震荡是指头部受伤后发生的脑功能障碍。脑震荡是头部或身体受碰撞，爆炸或打击后引起的头部快速来回晃动。甚至有些看起来很轻微的头部撞击都可能导致严重后果。

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION? (什么是脑震荡的信号和症状?)

Signs and symptoms of a concussion can show up right after the injury or may appear days or weeks after the injury. If an athlete reports one or more symptoms of concussions listed below after a bump, blow or jolt to the head or body, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says they are symptom-free and they are OK to return to play.

脑震荡的信号和症状有时在受伤后会立刻出现，也有可能是在受伤后几天或几周才出现。如果运动员在头部或身体受碰撞，爆炸，或打击后报告一种或几种以下症状，他们必须停止运动，直到医生评估并证明一切安好可以参加运动为止。

CONCUSSION DANGER SIGNS (脑震荡危险信号)

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body they exhibit any of the following danger signs:

少数情况下，脑震荡后会有危险血块形成颅内血肿。运动员在头部或身体受碰撞，爆炸，或打击后，若有任何一种以下危险症状，必须立即就医：

- One pupil larger than the other (瞳孔一边大一边小)
- Is drowsy or cannot be awakened (昏睡难醒)
- A headache that gets worse or slurred speech (头痛加剧，说话含糊不清)
- Weakness, numbness or decreased coordination (虚弱, 麻木或反应迟钝)
- Convulsions, seizures or unusual behavior (惊厥, 抽搐或异常行为)
- Cannot recognize people or places (无法认人认地方)
- Becomes increasingly confused or agitated (糊涂加剧，不安)
- Loses consciousness for any amount of time (失去知觉)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS? (为什么运动员必须报告他们的症状?)

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is healing, they are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. It can even be fatal.

如果运动员脑震荡，他（她）的头脑需要时间恢复。在恢复期间，他们更有可能会再次脑震荡。重复脑震荡需要更长时间恢复。有时，重复脑震荡会造成脑水肿或者永久性脑损伤。甚至致命。

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION? (如果你认为你的运动员有脑震荡该怎么办?)

If you suspect that an athlete has a concussion, remove them from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until a medical professional says they are symptom free and are OK to return to play. Rest is the key to help an athlete recover. Exercising or activities that involve a lot of concentration (studying, computers, video games) may cause concussion symptoms to reappear or worsen. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional

如果怀疑你的运动员有脑震荡，停止他们的运动，寻求医治。不要自己判断受伤程度。停止他们的运动，直到医生评估并证明一切安好可以参加运动为止。休息是最好的恢复方式。训练或注意力高度集中的活动（学习，计算机，电子游戏）可能会导致脑震荡症状再次出现或更糟。脑震荡后，回到体育运动或学校是一个渐进的过程，需要认真对待并有医生监控着。