

# Concussions:

## Second Impact Syndrome Fact Sheet

### What is Second Impact Syndrome?

- Second Impact Syndrome occurs when someone who has a concussion receives a blow to the body or head that results in a second concussion.

### Who is affected by Second Impact Syndrome?

- An athlete who has not allowed the proper amount of healing time for an existing concussion. **All athletes up to age 21 are at risk for Second Impact Syndrome.**

### What are some of the effects of Second Impact Syndrome?

- Because the brain is not fully healed from the first concussion, Second Impact Syndrome can have a very serious impact on the brain and body, including rapid brain swelling, brain damage, paralysis and even death.

### Signs and Symptoms:

- Common symptoms include, but are not limited to: loss of consciousness, loss of eye movement, dilated pupils and respiratory distress.
- Symptoms usually occur almost immediately following the second impact.
- Athletes should be symptom-free and released by a doctor before any return to play.

**If you believe an athlete is experiencing Second Impact Syndrome, call 9-1-1 immediately.**



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