These 5 guidelines will help you get concussions calls right most of the time. To be right every time, make sure you know the 22 Do’s.

<table>
<thead>
<tr>
<th>GUIDELINE</th>
<th>EXPLANATION</th>
</tr>
</thead>
</table>
| 1. Use Appropriate Terminology | • Use the word *concussion* or *brain injury*.  
• Don’t use *head injury*, *bell-ringer*, *ding*, or mention *cobwebs*.  
• *Signs* of concussion you can see.  
• *Symptoms* are what the athlete feels. |
| 2. Take Concussion Signs Seriously | • Going to the wrong sideline after a head impact is not funny.  
• Remaining in the game after a concussion can end a career or cause death. |
| 3. Playing Through a Concussion is Not Toughness | • An athlete playing with a concussion should have our *sympathy*, not our admiration.  
• Children take social cues from the media. If we compliment dangerous behavior, we encourage children to hide concussions. |
| 4. Know Your Concussion Protocols | • There is no objective test for concussion. Concussion protocols protect athletes, and violating protocols puts athletes at risk.  
• Monitor and address protocol violations so your audience learns the proper response to a suspected concussion. |
| 5. Report All Possible Concussions | • Most concussions are not diagnosed during the game.  
• If you see concussion signs following an impact, report what you see, and what should happen next. |