

# CONCUSSIONS

## Know the Signs and Symptoms



### What is a concussion?

A concussion is a mild brain injury. Concussions are caused by a bump, blow or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can lead to a concussion and should be considered serious.

### What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can appear immediately after the injury or may evolve over time. If your athlete reports one or more symptoms listed below, or if you notice the signs and symptoms yourself, keep your athlete out of action and seek medical attention immediately.

#### Observable signs

- Appears dazed or stunned
- Confused about assignment or position
- Forgets an instruction
- Unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior and personality changes
- Can't recall events prior to or after a hit or fall
- Loses balance or is unsteady when walking

#### Symptoms reported by athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### Danger signs

Be alert for symptoms that worsen over time. The student or athlete should be seen in the emergency department right away if he or she has:

- One pupil is larger than the other
- Drowsiness or becomes unconscious
- A persistent headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)
- Moderate or severe neck pain



# GO TIGERS!