



## Head Injury/Concussion Fact Sheet

### **What is a concussion?**

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

**If your child reports any symptoms or if you notice any of the symptoms yourself, seek medical attention right away.**

### **What are the symptoms of a concussion?**

#### **Symptoms that may be reported by the child:**

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

#### **Symptoms that may be observed by the parent:**

- Appears dazed or stunned
- Is confused
- Forgets things
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows mood, behavior, or personality changes