



CONCUSSION CHECKLIST

Observed Signs

- Appears dazed or stunned
- Is confused about events
- Repeats questions
- Answers questions slowly
- Can't recall events prior or after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Physical Symptoms

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light/noise
- Numbness or tingling
- Does not "feel right"

Cognitive Symptoms

- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Emotional Symptoms

- Irritable
- Sad
- More emotional than usual
- Nervous

Call nurse immediately for following symptoms:

- Drowsiness or cannot be awakened
- Headache that gets worse or does not go away
- Weakness, numbness or decreased coordination
- Repeated nausea or vomiting
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even briefly)