

# Signs & Symptoms of a Concussion

Students who experience one or more of the signs and symptoms listed here after a bump, blow, or jolt to the head or body should be referred to a health care professional experienced in evaluating for concussion.



## Symptoms Reported by the Student

### Thinking/Remembering:

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

### Physical:

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

### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

### Sleep\*:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

\*Only ask about sleep symptoms if the injury occurred on a prior day.

## Signs Observed by School Professionals

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

## The Facts:

- ✓ All concussions are serious.
- ✓ Most concussions occur without loss of consciousness.
- ✓ Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury, or even death.

For more information and to order additional materials visit <http://idph.iowa.gov/brain-injuries/concussion>

