

Signs and Symptoms of a Concussion

Students who experience one or more of the signs and symptoms listed below 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*:

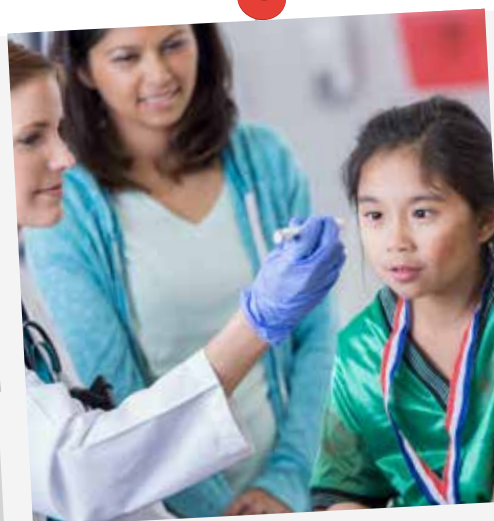
- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*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

SAFETY FIRST



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>

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