

Concussion Signs and Symptoms



What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head, or a sudden change in head direction (i.e. whiplash). Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

What are the signs and symptoms of concussion?

If the participant has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to 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. Your child or teen should be seen in an emergency department right away if:

- One pupil (the black part in the middle of the eye) is larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Tips for getting better

- Rest
- Avoid physically demanding activities
- Take only Tylenol as necessary to help with pain
- Maintain a proper diet

*Information attained from Centers for Disease Control and Prevention.