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.

### 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

### 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 the head
- Nausea or vomiting
- Balance problems or dizziness
- 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.

### 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.

### Students who return to school after a concussion may need to:
- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent on the computer, reading, or writing
- Discuss issues with student, parents, and/or physician to determine the best course of action for the return to school.

*Discuss issues with student, parents, and/or physician to determine the best course of action for the return to school.

*Determine policy for return to school and get note from a physician with limitations and expectations.

---

All information was obtained from the Centers for Disease Control and Prevention at www.cdc.gov/concussion