

# concussion

## 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.

### 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
- 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.



### 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.



## Know Your Concussion

**A**ssess the situation

**B**e alert for signs and symptoms

**C**ontact a health care professional

### 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.

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

