

## What are the Symptoms of a Concussion?



### PHYSICAL

- ✓ Headache
- ✓ Nausea and vomiting
- ✓ Balance problems
- ✓ Slowed reaction time
- ✓ Dizziness
- ✓ Sensitivity to light
- ✓ Sensitivity to sound
- ✓ Fuzzy or blurry vision

### SLEEP

- ✓ Sleeping more or less than usual
- ✓ Trouble falling asleep
- ✓ Feeling fatigued or drowsy



### THINKING AND REMEMBERING

- ✓ Difficulty concentrating
- ✓ Difficulty remembering
- ✓ Confusion
- ✓ Feeling "mentally foggy"
- ✓ Feeling slowed down

### MOOD DISRUPTION

- ✓ More emotional
- ✓ Irritable
- ✓ Sad
- ✓ Nervous
- ✓ Depressed



### REMEMBER:

Often symptoms will worsen over a matter of days. It is very common for new symptoms to appear in the first few days after the injury. Symptoms may also worsen when the brain is stressed as with school work or participating in physical activity.