

# Concussion Cheat Sheet: Symptoms Overview



Concussions can have a serious and lasting impact on a child's physical and mental development. Any jolt or blow to the head that causes bruising, bleeding, swelling or tearing of the brain tissue may result in this type of traumatic brain injury. A concussion can occur in a fall, car accident, athletic activity or assault. ***There is a risk of an even more serious re-injury if a child experiences another concussion/brain injury before fully recovering.***

Below are signs and symptoms of a concussion/brain injury. These may be visible right after the injury or in the weeks, months and even years that follow. ***If you believe your child has a concussion or brain injury, call your child's doctor immediately and stop physical activities until your child has been cleared to return to play by a medical professional.*** Specialists in traumatic brain injury provide care and follow-up for children who have been diagnosed with a concussion. Care programs include services that help with managing neurological (brain) symptoms and addressing school and social issues.

## PHYSICAL SYMPTOMS

- Loss of consciousness
- Dizziness
- Trouble with balance and coordination
- Headache
- Nausea
- Numbness/tingling anywhere on body
- Sensitivity to light and/or noise
- Visual problems (seeing spots, vision loss, etc.)
- Vomiting

## COGNITIVE SYMPTOMS

- Change in school performance
- Difficulty concentrating
- Difficulty remembering
- Confusion about recent events
- Feeling foggy
- Feeling dazed/stunned
- Repeating questions
- Slow response time (child is slow to respond to instructions or questions, child is slow to react physically, etc.)

## EMOTIONAL SYMPTOMS

- Irritability (child is easily angered/upset by things that may not have bothered them prior to injury)
- Loss of interest in favorite activities
- Sadness
- Nervousness
- Lack of impulse control

## SLEEP/ENERGY SYMPTOMS

- Drowsiness
- Fatigue (child is extremely tired)
- Sleeping more than usual
- Changes in sleep patterns (trouble falling or staying asleep)

**NOTE: Loss of consciousness, slurred words, headache and vomiting are signs that a child needs immediate emergency care.**

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