

CONCUSSION SYMPTOMS

LEARN THE SIGNS AND SYMPTOMS OF CONCUSSION

Physical Symptoms



- Headache or pressure in the head
- Neck pain
- Nausea or vomiting
- Dizziness or balance problems
- Vision issues
- Sensitivity to light or noise
- Numbness or tingling

Cognitive Issues

- Memory issues
- Difficulty concentrating
- Feeling foggy or slowed down
- Not feeling right or "feeling off"
- Confusion
- Slow or delayed response
- Difficulty thinking clearly



Emotional Symptoms

- More emotional
- Sadness
- Nervousness
- Anxiety
- Irritability
- Depression



Sleep Problems

- Fatigue
- Low energy
- Drowsiness
- Difficulty falling asleep
- Excessive sleep



Red Flags

- Prolonged loss of consciousness
- Double vision
- Weakness or burning in the arms or legs
- Severe or worsening headache
- Seizure or convulsion
- Vomiting
- Bruising around the eyes or ears
- Increased confusion or other odd behaviour

Red Flag = Immediately go to emergency department!