

Signs and Symptoms of Concussion

SIGNS (OBSERVED BY OTHERS):

Physical

Moves clumsily (altered coordination)
Exhibits balance problems
Loses consciousness (even briefly)

Cognitive

Appears dazed or stunned
Seems confused
Forgets plays or instructions
Is unsure about game, score, opponent
Responds slowly to questions
Forgets events prior to hit or fall
Forgets events after the hit or fall

Emotional

Shows changes in mood, behavior, or personality

SYMPTOMS (REPORTED BY ATHLETE):

Physical

Headache or pressure in head
Nausea or vomiting
Double vision, blurry vision
Sensitivity to light or noise
Feeling sluggish, fatigued, or groggy
Balance problems or dizziness
Numbness or tingling

Cognitive

Problems concentrating
Problems remembering
Foggy or hazy feeling

Emotional

Just not feeling right or feeling down

Sleep problems

Difficulty falling or staying asleep
Sleeping less than usual

Take Action

When in doubt, keep 'em out.

Stand tall. Make the call.

- Get your player to an appropriately trained healthcare provider.
- Immediately inform parents.

No play without OK.

Important Phone Numbers

Hospital phone:

Hospital name:

For Emergencies

CALL 9-1-1