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## SIGNS AND SYMPTOMS OF CONCUSSIONS: WHAT EDUCATORS NEED TO KNOW

Concussions are brain injuries and can be serious. In the first few days following a concussion, cognitive and physical rest are needed for the brain to heal. Cognitive rest means not taxing the brain with physical or cognitive demands. This isn't like the flu, where students can complete school-work while at home. They must rest.

Every concussion is different. Students heal at different rates. It will be necessary for you to monitor the student and report any worsening symptoms to the CMT Coordinator.

SIGNS (OBSERVED BY OTHERS):	SYMPTOMS (REPORTED BY STUDENT):
<p><u>Physical</u> Moves clumsily (altered coordination) Exhibits balance problems Loses consciousness (even briefly)</p> <p><u>Cognitive</u> 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</p> <p><u>Emotional</u> Shows changes in mood, behavior, or personality</p>	<p><u>Physical</u> 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</p> <p><u>Cognitive</u> Problems concentrating Problems remembering Foggy or hazy feeling</p> <p><u>Emotional</u> Just not feeling right or feeling down</p> <p><u>Sleep problems</u> Difficulty falling or staying asleep Sleeping less than usual</p>

### ***YOU PLAY A KEY ROLE IN ENSURING THE SUCCESSFUL RECOVERY OF A CONCUSED STUDENT.***

The Concussion Management Team will provide you with a ***Gradual Return to Activity Plan***, which will indicate the temporary academic adjustments required for optimal healing.

*Some students return to school immediately, and some need 2–3 days of complete rest before returning to school.*