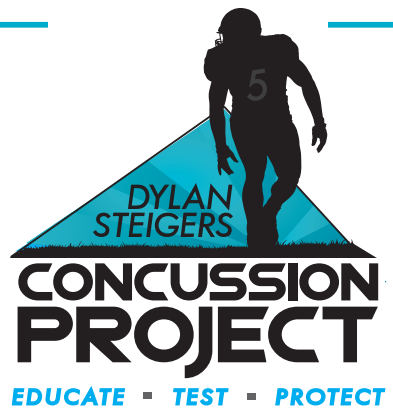


# Concussion Signs and Symptoms CHECKLIST



Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date/Time of Injury: \_\_\_\_\_

Description of Injury: (Include information about loss of consciousness, memory loss, seizures, previous concussions.) \_\_\_\_\_

**Directions:** Use this checklist to monitor students who come to your office with a suspected head injury. Athlete should be monitored for a minimum of 30 minutes. Check for signs or symptoms when the student arrives at your office, 15, and at 30 minutes. Evaluate all signs and symptoms, ranking each on a scale of 0-6. Continue testing every 2-3 days if symptoms do not resolve.

	None			Moderate		Severe	
Score according to Severity	0	1	2	3	4	5	6

Students who experience one or more of the signs or symptoms of concussion after a bump, blow, or jolt to the head should be referred to a health care professional with experience in evaluating for concussion.

- Danger Signs:**  
*Be alert for symptoms that worsen over time. The student should be seen in an emergency department immediately if she/he has:*
- On pupil larger than the other
  - Drowsiness or cannot be awakened
  - Headache that gets worse
  - Weakness or numbness
  - Repeated vomiting
  - Slurred speech
  - Convulsions/seizures
  - Increasing confusion
  - Unusual behavior
  - Loss of consciousness

Observed/Reported Signs	0 Minutes	15 Minutes	30 Minutes	Minutes, Hours, Days	Minutes, Hours, Days	Minutes, Hours, Days
<b>Physical symptoms</b>						
Headache						
Nausea						
Fatigue						
Visual problems						
Balance Problems						
Sensitivity to light						
Sensitivity to noise						
Numbness/Tingling						
Vomiting						
Dizziness						
<b>Cognitive</b>						
Feeling mentally foggy						
Problems concentrating						
Problems remembering						
Feeling slowed down						
<b>Emotional</b>						
Irritability						
Sadness						
Feeling more emotional						
Nervousness						
<b>Sleep</b>						
Drowsiness						
Sleeping more than usual						
Sleeping less than usual						
Trouble falling asleep						