



Head Injury...Signs and Symptoms

What is a concussion?

A concussion is a mild traumatic brain injury (mTBI) caused by a blow or jolt to the head or body that causes the brain to shake. The shaking can cause the brain to not work normally and can result in serious side effects. Each year, thousands of children and youth are diagnosed with concussion with half being caused by sports.

What are the symptoms of a concussion?

The symptoms of a concussion are related to how well the brain cells are functioning and working together. Often, symptoms will worsen over a matter of days, and it is common for new symptoms to appear in the days following the injury. Symptoms may also worsen when the brain is stressed, for example, when a child is doing schoolwork or participating in a physical activity. The common signs and symptoms are listed below.

Physical	Sleep	Thinking/ Remembering	Mood Disruption
<ul style="list-style-type: none"> • Headache • Nausea and vomiting • Balance problems • Slowed reaction time • Dizziness • Sensitivity to light • Sensitivity to sound • Fuzzy or blurry vision 	<ul style="list-style-type: none"> • Sleeping more or less than usual • Trouble falling asleep • Feeling fatigued or drowsy 	<ul style="list-style-type: none"> • Difficulty concentrating • Difficulty remembering • Confusion • Feeling "mentally foggy" • Feeling slowed down 	<ul style="list-style-type: none"> • More emotional • Irritable • Sad • Nervous • Depressed



Call 911 if your child has any of the following symptoms:

- Seizures (twitching or jerking movement of parts of the body; may look stiff)
- Weakness or tingling in the arms or legs
- Cannot recognize people or places
- Confused, restless or agitated
- Impaired consciousness
- Difficult to arouse or unable to awaken
- Repeated vomiting
- Slurred speech
- Bloody or clear fluid from the nose or ears

Player may not return to Football or Cheer until cleared by physician if a head injury occurs.