

Signs and Symptoms of a Concussion

<http://www.stopconcussions.com/symptoms-to-look-for/>

While there are many symptoms of a concussion, it can also be a “hidden” injury that is difficult to detect. You may not even know you have suffered a concussion. You may not want anyone to know you are hurt.

Mental problems:

- Don't know time, date, place, score in game, opposing team, etc.
- General confusion
- Can't remember what happened before or after injury
- Loss of consciousness
- Easily distracted
- Poor concentration
- Strange or inappropriate emotions (e.g., laughing, crying, anger)

Physical complaints:

- Headache
- Dizziness
- Feel dazed (e.g., like in a fog)
- Feel rattled or stunned (e.g. “bell rung”)
- See stars, flashing lights, double or blurry
- Loss of vision
- Ringing in the ears
- Stomach ache, pain and/or nausea
- Difficulty sleeping, sleeping less or more than usual
- Poor coordination, balance
- Blank stare, glassy-eyed
- Slurred speech
- Slow responses to questions, directions
- Not playing well

If you suspect an athlete has a concussion, take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a healthcare professional experienced in dealing with concussions as soon as possible. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion.
4. The player should not return to play until a healthcare professional, experienced in evaluating concussions, confirms the athlete is symptom-free.

Please note: The above list is not exhaustive nor does having one or more of these symptoms mean that someone has a concussion. It is merely a guide to possible concussive symptoms. **It is important to seek medical attention immediately to receive a diagnosis.**