

CONCUSSION

IF YOU SUSPECT A CONCUSSION

- Remove from play immediately
- Athlete must not return until cleared by a licensed medical professional

Athletes who return to play too soon—while the brain is still healing—are at greater chance for worsening the current concussion or having a repeat injury.

WHEN TO SEEK EMERGENCY CARE

- Loss of consciousness for >1 minute
- Increasing confusion or inability to stay awake
- Repetitive vomiting
- Seizure or convulsion
- Severe or increasing headache
- Severe neck pain
- Weakness, tingling or burning in arms or legs
- Persistent double vision and/or loss of vision
- Increasingly restless, agitated or combative

Information and guidance provided on this poster are not a substitute for medical advice. You should seek the advice of your physician or other qualified medical health provider with questions you may have regarding a medical condition.

COMMON SIGNS

- Appears dazed
- Forgetful
- Clumsy
- Slowed speech
- Behavior changes



SYMPTOMS

*May not appear right away
Can worsen with activity*



Physical

- Headache
- Nausea or vomiting
- Vision changes
- Dizziness or difficulty with balance
- Sensitivity to light or noise



Mental

- Confusion
- Difficulty concentrating
- Problems remembering
- Feeling foggy



Emotional

- Feels extreme highs and lows
- New irritability, moodiness, or anxiety
- Nervousness



Sleep

- Difficulty falling or staying asleep
- Sleeping more or less than usual
- Fatigue

