

CONCUSSION SIGNS & SYMPTOMS*

If a person has had a blow to their head, face, or neck, or body, they might have a concussion. Watch for these signs and symptoms.

cognitive (thinking)



Difficulty concentrating



Being confused



Feeling like
“in a fog”



Difficulty remembering

emotional (feeling)



Moody,
grumpy



“I don’t feel like myself”



Sadness



Nervous or anxious

sleep issues



Trouble falling asleep



Sleeping more than usual



Sleeping less than usual

physical



Tired



Dizziness



Sensitivity to light or noise



Pressure in the head



Headache



Loss of consciousness



Nausea or vomiting

*A person with a concussion can have one or more of these signs and symptoms.