Signs and Symptoms of a Concussion

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for any of the following signs and symptoms.

**SIGNS OBSERVED BY SCHOOL PROFESSIONALS**

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can’t recall events prior to hit, bump, or fall
- Can’t recall events after hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

**SYMPTOMS REPORTED BY THE STUDENT**

**Thinking/Remembering**

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

**Physical**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

**Emotional**

- Irritable
- Sad
- More emotional than usual
- Nervous

**Sleep**

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.*

What can school professionals do?

Know your Concussion ABCs:
A—Assess the situation
B—Be alert for signs and symptoms
C—Contact a health care professional

For more information and to order additional materials FREE-OF-CHARGE, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).