

FACTS AND TIPS



A concussion is an injury caused by a bump, blow, or jolt to the head, neck, or other area of the body causing the brain to move quickly back and forth inside the skull resulting in an injury to the brain. Concussions affect everyone differently. Symptoms may last longer or shorter depending on age and the person.

Signs and Symptoms

- Headache or pressure in the head
- Nausea, sometimes vomiting
- Double or blurry vision
- Sensitivity to light or noise
- Trouble concentrating or remembering
- Not feeling right
- Feeling sluggish or foggy

CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IF YOU HAVE:

- A headache that does not improve with rest or the “worst headache of my life”
- Inability to wake up, extreme drowsiness
- Persistent vomiting
- Convulsions or seizures
- One pupil noticeably larger than the other
- Weakness, numbness, tingling
- Decreased coordination
- Increased confusion or unusual behavior

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Sports Concussion Program