Common Signs and Symptoms of a Concussion

Possible Signs Observed *A sign is something that will be observed by another person (e.g., parent/guardian, teacher, coach, supervisor, peer, school staff)*	Possible Symptoms Reported *A symptom is something the student will feel/report.*
Physical • vomiting • slurred speech • slowed reaction time • poor coordination or balance • blank stare/glassy-eyed/dazed or vacant look • decreased playing ability • loss of consciousness or lack of responsiveness • lying motionless on the ground or slow to get up • amnesia • seizure or convulsion • grabbing or clutching of head	**Physical** • headache • pressure in head • neck pain • feeling off/not right • ringing in the ears • seeing double or blurry/loss of vision • seeing stars, flashing lights • pain at physical site of injury • nausea/stomach ache/pain • balance problems or dizziness • fatigue or feeling tired • sensitivity to light or noise
Cognitive • difficulty concentrating • easily distracted • general confusion • cannot remember things that happened before and after the injury • does not know time, date, place, class, type of activity in which he/she was participating • slowed reaction time (e.g., answering questions or following directions)	**Cognitive** • difficulty concentrating or remembering • slowed down, fatigue or low energy • dazed or in a fog
Emotional/Behavioural • strange or inappropriate emotions (e.g., laughing, crying, getting angry easily)	**Emotional/Behavioural** • irritable, sad, more emotional than usual • nervous, anxious, depressed
Sleep Disturbance • drowsiness • insomnia	**Sleep Disturbance** • drowsy • sleeping more/less than usual • difficulty falling asleep