



When thinking about symptoms of concussion, it is helpful to divide them into two categories - symptoms reported by the injured person, and those observed by others, like parents, teammates, or coaches. Importantly, the injured person is often not aware of the symptoms that others can see. In addition, while symptoms usually show up immediately, sometimes they can take a few hours or days to fully appear and develop.

You can use this checklist to keep track of symptoms and communicate them with your healthcare provider.













Reported Symptoms

- Headache or 'pressure' in the head
- Nausea or vomiting
- Dizziness or trouble keeping your balance
- Double or blurry vision
- Sensitivity to light or noise
- Feeling slowed down
- Confusion or difficulty concentrating or remembering things

Observed Symptoms

- Can't recall events just before or after the incident
- Appears dazed or stunned
- Appears confused or forgetful
- Moves clumsily
- Responds slowly to questions
- Gets knocked out or loses consciousness
- Mood, behavior, or personality changes

RED FLAG SYMPTOMS Call your doctor or go to the emergency department **IMMEDIATELY** if you see any of these **RED FLAG** symptoms:

-  Headache that gets worse over time
-  Seizure
-  Slurred or 'drunken' speech
-  Increasing confusion
-  Repeated vomiting
-  Unequal pupils
-  Can't recognize people or places
-  Looks very drowsy, or can't be awakened
-  Weakness/numbness in arms or legs
-  Unusual behavior
-  Increasing irritability
-  Loses consciousness