

## Signs & Symptoms of Concussion

Headache

Balance Problems

Nausea

Visual Problems

Vomiting

Sensitivity to light

Dizziness

Sensitivity to noise

Vacant stare

More emotional

Nervousness

Sadness

Fatigue

Appears drowsy

Feeling "foggy"

Feeling slowed down

Appears dazed or stunned

Difficulty concentrating

Confused about recent events

Difficulty remembering

Irritability or moodiness

Appears uncoordinated/ unsteady

Remove any athlete with signs or symptoms of concussion from activity immediately.



[www.ctathletictrainers.org](http://www.ctathletictrainers.org)

## **When In Doubt, Sit It Out!**

**Remove** any athlete who exhibits signs or symptoms of concussion and **refer** the athlete to a qualified health care professional who is trained in the evaluation and management of concussion.

### **Emergency Referral:**

Athletes with any of these symptoms should be referred immediately to the nearest emergency department!

- Loss of consciousness
- Vomiting
- Headache of increasing intensity
- Slurred speech
- Unequal pupils
- Seizure activity
- Decreased or irregular pulse or respiration

