

Concussion Q & A: Ways to Keep Your Kids Safe This Season



Q. What are the signs and symptoms?

A. The signs are those things that are observed by others – such as coaches, parents or teammates. The symptoms are those things reported by an athlete.

Signs Observed by Others (coaches, parents, etc.)	Symptoms Reported by Athletes
<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment or position• Forgets an instruction• Is unsure of game, score, or opponent• Moves clumsily• Answers questions slowly• Loses consciousness (<i>even briefly</i>)• Shows mood, behavior, or personality changes• Can't recall events <i>prior</i> to hit or fall• Can't recall events <i>after</i> hit or fall	<ul style="list-style-type: none">• Headache or “pressure” in head• Nausea or vomiting• Balance problems or dizziness• Double or blurry vision• Sensitivity to light• Sensitivity to noise• Feeling sluggish, hazy, foggy, or groggy• Concentration or memory problems• Confusion• Just not “feeling right” or “feeling down”