

What is a concussion?

A concussion is a type of mild traumatic brain injury (mTBI) caused by a bump, blow, or jolt to the head or an impact to the body that causes the head and brain to move rapidly back and forth.

Signs & Symptoms of a Concussion

Signs and symptoms are unique to each individual student. Students may experience a combination of signs and symptoms over the course of the recovery process.

Physical

- Headache
- Nausea and/or vomiting
- Neck pain
- Light & noise sensitivity
- Vision problems
- Ringing in the ears (tinnitus)
- Balance Problems
- Dizziness



Cognitive

- Confusion
- Feeling mentally “foggy”
- Difficulty concentrating
- Difficulty remembering
- Slowed processing
- Repeats questions
- Loss of consciousness



Emotional

- Irritable
- Sadness
- Anger
- Nervous/Anxious



Sleep

- Drowsiness and/or fatigue
- Sleeping too much or too little
- Trouble falling asleep
- Feeling slowed down



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