

SIGNS & SYMPTOMS OF CONCUSSION



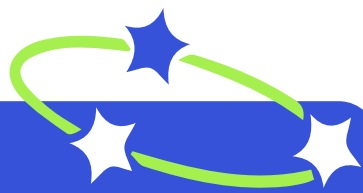
RED FLAGS



- Neck pain or tenderness
- Double vision
- Weakness or tingling or burning in arms or legs
- Intense headache or one that's getting worse
- Seizures
- Blacking out
- Losing awareness of surroundings
- Repeated vomiting
- Getting more restless
- Being irritable or aggressive

If a player has any red flags, they need urgent transfer to a hospital.

PHYSICAL SIGNS



Things you can see or look for that tell you something's not right:

- Lying motionless on the ground or being slow to get up
- Vomiting
- Tonic posturing or impact seizure
- Struggling with balance or coordination
- Grabbing/clutching of the head
- Looking blank or vacant
- Being confused or disoriented
- Struggling to concentrate or remember things
- Facial injury
- Not seeming like their usual self

SYMPTOMS



Things the player is feeling, which you can ask about, like:

- Headache
- Nausea
- Blurred vision
- Drowsiness
- Balance problems or dizziness
- Feeling 'dinged' or 'dazed'
- Being sensitive to light or noise
- Feeling more emotional or irritable than usual
- Sadness
- Feeling nervous or anxious
- Neck pain
- Feeling slowed down
- Feeling mentally 'foggy'
- Having difficulty concentrating or remembering
- Just feeling 'not quite right'