

Common Symptoms of Concussion (Mild Traumatic Brain Injury)

THINKING AND MEMORY

- Difficulty thinking clearly
- Feeling slowed down
- Poor concentration
- Poor memory
- Can't recall events
- Forgets an instruction
- Answers questions slowly.
- Feeling sluggish, hazy, foggy, or groggy



PHYSICAL

- Headache
- Appears dazed or stunned
- Moves clumsily
- Fuzzy or blurry vision
- Nausea/vomiting
- Dizziness
- Balance problems Double or blurry vision
- Sensitivity to noise or light
- Fatigue
- Poor energy



EMOTIONS AND MOODS

- Mood, behavior, or personality changes
- Irritability
- Sadness
- More emotionality
- Nervousness or anxiety
- Just not "feeling right," or "feeling down".



SLEEP

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

