

CONCUSSIONS

SIGNS AND SYMPTOMS

Signs and symptoms include but not limited to:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows personality changes
(irritability, sadness, nervousness, emotional)
- Can't recall events before and after hit or fall
- Any headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Trouble falling asleep
- Sleeping more or less than usual