

SIGNS AND SYMPTOMS OF CONCUSSION AND TRAUMATIC BRAIN INJURY

Although brain injuries are extremely common, they are tricky to diagnose. There is no single objective measure that can determine if someone has suffered a concussion. That's why it's especially important to watch for signs. Symptoms can range from mild to severe and can last for days, weeks or longer.

Here's what to look for if you believe you or someone you know may have a concussion.



PHYSICAL SYMPTOMS OF A CONCUSSION:

- Dizziness
- Problems with balance
- Nausea and/or vomiting
- Sensitivity to noise
- Sensitivity to light
- Blurred vision
- Low energy level
- Unequal pupils
- Seeing flashing lights



MENTAL SYMPTOMS OF A CONCUSSION:

- Difficulty remembering
- Confusion
- Inability to concentrate
- Inability to think clearly
- Mental fogginess
- Inability to remember new information
- Trouble paying attention
- Loss of focus



SLEEP SYMPTOMS OF A CONCUSSION:

- Sleeping more than usual
- Unable to fall asleep
- Sleeping less than usual



EMOTIONAL SYMPTOMS OF A CONCUSSION:

- Easily angered or upset
- Feeling nervous or anxious
- Feelings of sadness
- Crying more than usual
- Lack of interest in usual activities
- Depression

Sources: CDC Injury Center, Brainline.org, Head Case