What are the Symptoms of a Concussion?

PHYSICAL
- Headache
- Nausea and vomiting
- Balance problems
- Slowed reaction time
- Dizziness
- Sensitivity to light
- Sensitivity to sound
- Fuzzy or blurry vision

SLEEP
- Sleeping more or less than usual
- Trouble falling asleep
- Feeling fatigued or drowsy

THINKING AND REMEMBERING
- Difficulty concentrating
- Difficulty remembering
- Confusion
- Feeling “mentally foggy”
- Feeling slowed down

MOOD DISRUPTION
- More emotional
- Irritable
- Sad
- Nervous
- Depressed

For more information visit: www.chop.edu/concussion
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