

Concussion signs and symptoms

A concussion is a brain injury that can't be seen on routine X-rays, CT scans or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. Any blow to the head, face or neck, or a blow to the body that jars your head, could cause a concussion.



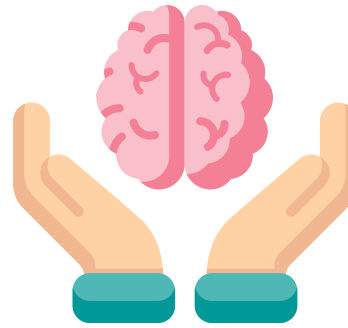
PHYSICAL

Headache / Pressure in the head
Dizziness / Balance problems
Nausea or vomiting
Blurred vision
Sensitivity to light or sound
Ringing in the ears
Feeling tired or low energy / Drowsiness
“Don't feel right”



COGNITIVE

Not thinking clearly
Feeling slowed down
Feeling like “in a fog”
Problems concentrating
Memory problems



EMOTIONAL

Easily upset or angered
Sadness
Nervous or anxious
Feeling more emotional



SLEEP-RELATED

Sleeping more or less than usual
Having a hard time falling asleep

Adapted from Parachute.ca