

WHAT ARE THE SYMPTOMS OF A CONCUSSION?



PHYSICAL

- Headache
- Nausea and vomiting
- Slowed reaction time
- Sensitivity to light
- Sensitivity to sound



VISION/BALANCE

- Balance problems
- Dizziness
- Eye strain/symptoms with eye movement
- Fuzzy or blurry vision
- Motion sensitivity



SLEEP

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



THINKING/REMEMBERING

- Difficulty concentrating
- Difficulty remembering
- Confusion
- Feeling "mentally foggy"
- Feeling slowed down



MOOD DISRUPTION

- More emotional
- Irritable
- Sad
- Nervous
- Depressed
- Anxious



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