

Signs and Symptoms of Concussion

Thinking and Memory



- Difficulty thinking clearly
- Feeling slowed down
- Poor concentration
- Poor memory
- Feeling sluggish, hazy, groggy or foggy

Physical Activity



- Appears dazed or stunned
- Headache
- Blurry vision or dizziness
- Nausea/vomiting
- Balance problems
- Sensitivity to noise or light

Emotion and Mood



- Mood, behaviour or personality changes
- Irritability
- More emotional
- "Not feeling right" or "feeling down"

Sleep



- Sleeping more or less than usual
- Trouble falling asleep
- Fatigue