



Concussion signs and symptoms

Visit your primary care provider, sports medicine physician, urgent care or ER when you have a direct blow or jostling to the head.

Physical symptoms

- Headache, pressure
- Neck pain
- Nausea
- Balance problems, dizziness
- Vision or hearing problems, sensitivity

Cognitive symptoms

- Trouble focusing
- Memory loss
- Feeling slowed down, in a fog

Emotional symptoms

- Irritability, sadness
- Nervousness, anxiousness

Sleep symptoms

- Drowsiness, excessive sleeping
- Trouble falling asleep

Emergency symptoms

Go straight to the emergency room or call 911 if you or someone you love has a head injury with the following symptoms:

- One pupil larger than the other
- Drowsiness/unable to wake
- Severe or worsening headache
- Slurred speech
- Weakness, numbness, decreased coordination
- Repeated vomiting
- Seizure
- Loss of consciousness