

Heads Up for Concussions



827 Kirk Road Decatur, GA 30030
404-377-1315

SIGNS AND SYMPTOMS

Students who experience one or more of the signs or symptoms below after a bump, blow or jolt to the head or body should be referred to a health care professional experienced in evaluating for concussion.

Call Parent/Caregiver immediately after any bump, blow or jolt to the head.

- There is no single indicator for concussion. Symptom assessment is necessary.
- Signs and symptoms can take time to appear and become more noticeable during concentration & learning activities in the classroom.
- It's important to watch for changes in how the student is acting or feeling.
- Most young people with concussion will recover quickly and fully, but for some, concussion signs and symptoms can last for days, weeks, or longer.

Signs Observed by Teachers/Staff

Appears dazed or stunned

Is confused about events

Answers questions slowly

Repeats questions

Can't recall events prior to/after the hit, bump or fall

Loses consciousness (even briefly)

Shows behavior or personality changes

One pupil larger than the other

Drowsy or cannot be awakened

Slurred speech

Cannot recognize people or places

Symptoms Reported by Teachers/Staff

PHYSICAL:

Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Fatigue or drowsiness

Blurry or double vision

Sensitivity to light or noise

Numbness, weakness or tingling

Does not "feel right"

EMOTIONAL:

Irritable or Sad

More emotional than usual

Nervous

THINKING/ REMEMBERING:

Difficulty thinking clearly

Difficulty concentrating or remembering

Feeling more slowed down

Feeling sluggish, hazy, foggy or groggy

SLEEP*:

Drowsy

Sleeps less than usual

Sleeps more than usual

Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day