A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for any of the following signs and symptoms.

**Thinking/Remembering**
- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

**Physical**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

**Emotional**
- Irritable
- Sad
- More emotional than usual
- Nervous

**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.*

### Signs and Symptoms of a Concussion

For more information and to order additional materials FREE-OF-CHARGE, visit: www.cdc.gov/Concussion

**What can school professionals do?**

Know your Concussion ABCs:
A—Assess the situation
B—Be alert for signs and symptoms
C—Contact a health care professional