



Concussion Signs and Symptoms

Children who show or report one or more of the signs and symptoms listed below, or simply say they just 'don't feel right' after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

Concussion Signs Observed

- Can't recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about a task or position, or is unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behaviour, or personality changes
- Concussion symptoms reported
- Headache or 'pressure' in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not 'feeling right', or 'feeling down'

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt. You should continue to check for signs of concussion immediately after the injury and a few days after the injury. If your child's concussion signs or symptoms get worse, you should take him/her to the emergency department right away.