



# Recognizing a Concussion

Notice the symptoms. Get evaluated.

## PHYSICAL

- Headache
- Blurred vision
- Nausea/vomiting
- Dizziness
- Sensitivity to light/noise
- Balance problems
- Feeling tired/no energy

## EMOTIONAL /MOOD

- More emotional
- Anxiety
- Sadness
- Irritability

## THINKING / REMEMBERING

- Difficulty thinking clearly
- Feeling slowed down
- Fogginess
- Difficulty concentrating
- Difficulty remembering

## SLEEP

- Trouble falling asleep
- Drowsiness
- Sleep more than usual
- Sleep less than usual

## WARNING SIGNS

- One pupil larger than the other
- Extreme drowsiness/cannot be awakened
- Severe headache will not go away
- Weakness, numbness or poor coordination
- Repeated vomiting or severe nausea
- Slurred speech
- Convulsions/seizures
- Difficulty recognizing people or places
- Increased confusion, restlessness or agitation
- Unusual behavior change
- Loss of consciousness
- Suspicion of spinal injury
- Concern of skull fracture –  
fluid coming from ears or nose

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**Call 9-1-1 for transportation  
to an OSF HealthCare  
emergency department**



**OSF HEALTHCARE**  
Illinois Neurological Institute