

# Concussion Facts

## What is a concussion?

A concussion is an injury to the brain caused by rapid, forceful movement of the brain against the skull. It is usually caused by a bump or blow to the head, but it can also occur when the upper body is shaken violently.



## Signs and Symptoms

- Headache or head “pressure”
- Nausea or vomiting
- Balance problems
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy
- Concentration or memory problems
- Just not “feeling right” or “feeling down”



## Red Flags

In rare cases, a brain bleed may be possible after a bump, jolt, or blow to the head or body. Some red flags to watch out for are:

- One pupil larger than the other
- A headache that gets worse
- Drowsiness or inability to wake up
- Slurred speech, weakness or numbness
- Decreased coordination
- Repeated vomiting or nausea
- Convulsions or seizures
- Unusual behavior, increased confusion
- Loss of consciousness at time of injury

**911**

**If any of these symptoms occur** call 911 right away or go directly to the emergency room.

If you suspect you or someone you know has suffered a concussion, **it is best to see a healthcare provider as soon as possible** to be evaluated.

**Concussions affect everyone differently** and symptoms may last longer or shorter depending on age, and person.



**Symptoms** can last anywhere from:  
**10-14 days** in Children  
**7-10 days** in Adults

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