

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 have, or someone you know has, suffered a concussion, **it is best to see a health care provider as soon as possible for evaluation.**



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

Brain Injury & Sports Neurology Center

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