

Possible Concussion Related Symptoms

Physical



- Headache
- Nausea
- Vomiting
- Balance Problems
- Dizziness
- Visual Problems
- Fatigue
- Sensitivity to Light
- Sensitivity to Noise
- Numbness/Tingling

Cognitive



- Feeling Mentally Foggy
- Feeling Slowed Down
- Difficulty Concentrating
- Difficulty Remembering

Sleep



- Drowsiness
- Sleeping Less than Usual
- Sleeping More than Usual
- Trouble Falling Asleep

Emotional



- Irritability
- Sadness
- More Emotional
- Nervousness

Exertion



- Symptoms Worsen with Physical Activity
- Symptoms Worsen with Cognitive Activity



Red Flags : Call 911!

- Worsening headaches
- Severe neck pain
- Seizures
- Loss of consciousness
- Drowsiness
- Increased confusion
- Vomiting
- Slurred speech
- Difficulty recognizing people
- Weakness
- Numbness
- Crying and inconsolable; will not nurse or eat (infants and toddlers)

Risk Factors for Prolonged Symptoms

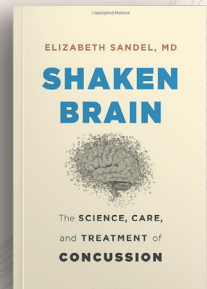
- Previous concussion(s)
- Headaches or migraines
- ADHD, learning disability
- Depression or anxiety

More Info at:

[ElizabethSandelMD.com](https://www.ElizabethSandelMD.com)

Adapted from

https://www.cdc.gov/headsup/pdfs/providers/ace_ed-a.pdf



Inform your doctor if you are experiencing any of the following:

A traumatic brain is an alteration in brain function or other evidence of a brain injury caused by an external force. A mild brain injury or concussion may or may not result in loss of consciousness. You may have confusion, slowed thinking, memory loss, vision problems, loss of balance, or other evidence of a brain injury. Although defined as "mild," concussion symptoms may be severe and, in some cases, prolonged.

Preparing for Your Medical Appointment with an Emergency Room Physician or Your Primary Care Physician

FOLD

PATIENT & FAMILY MEMBER POCKET GUIDE

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Evaluation after a Concussion

