Heads Up for concussions

SIGNS AND SYMPTOMS

Students who experience one or more of the signs or symptoms below after a bump, blow or jolt to the head or body should be referred to a health care professional experienced in evaluating for concussion.

**Signs Observed by Teachers/Staff**

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can’t recall events prior to/after the hit, bump or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- One pupil larger than the other
- Drowsy or cannot be awakened
- Slurred speech
- Cannot recognize people or places

**Symptoms Reported by Teachers/Staff**

**PHYSICAL:**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or drowsiness
- Blurry or double vision
- Sensitivity to light or noise
- Numbness, weakness or tingling
- Does not “feel right”

**THINKING/REMEMBERING:**
- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy or groggy

**EMOTIONAL:**
- Irritable or Sad
- More emotional than usual
- Nervous

**SLEEP**:
- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day*

**Call Parent/Caregiver immediately after any bump, blow or jolt to the head.**

- There is no single indicator for concussion. Symptom assessment is necessary.
- Signs and symptoms can take time to appear and become more noticeable during concentration & learning activities in the classroom.
- It’s important to watch for changes in how the student is acting or feeling.
- Most young people with concussion will recover quickly and fully, but for some, concussion signs and symptoms can last for days, weeks, or longer.

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