

Signs and Symptoms of Concussion

These signs and symptoms—following a witnessed or suspected blow to the head or body—are indicative of probable concussion.

Signs (observed by others)	Symptoms (reported by athlete)
<ul style="list-style-type: none">•Appears dazed or stunned•Exhibits confusion•Forgets plays•Unsure about game, score, opponent•Moves clumsily (altered coordination)•Balance problems•Personality change•Responds slowly to questions•Forgets events prior to hit•Forgets events after the hit•Loss of consciousness (any duration)	<ul style="list-style-type: none">•Headache•Fatigue•Nausea or vomiting•Double vision, blurry vision•Sensitivity to light and noise•Feels “sluggish”•Feels “foggy”•Problems concentrating•Problems remembering

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed immediately from the competition or practice and may not be allowed to return to play until cleared by an appropriate healthcare professional.