# Heads Up!

Contrary to popular belief, most concussions do not involve a loss of consciousness. Here are some signs and symptoms of this traumatic brain injury to watch for.

June 2, 2015 By Gerrie E. Summers

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**Physical**

- Headaches
- Nausea
- Vomiting
- Balance problems
- Dizziness
- Visual problems
- Fatigue
- Sensitivity to light
- Sensitivity to noise
- Numbness or tingling

**Cognitive**

- Feeling mentally foggy
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering
- Forgetting recent conversations or information
- Confusion about recent events
- Slow to answer questions and repeating questions

**Emotional**

- Irritability
- Sadness
- Depression
- Heightened emotions
- Nervousness
- Anger

**Sleep**

- Drowsiness or an inability to wake up
- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

Seek medical help immediately if you notice these dangerous signs:

- Loss of consciousness, even briefly
- Slurred speech or other changes in speech
- Weakness, numbness or decreased coordination
- Seizures, convulsions
- Vision or eye issues (pupils that are bigger than normal, or pupils of unequal size)
- Headaches that worsen and won’t go away
- Lasting or recurring dizziness
- Repeated vomiting or nausea
- Obvious difficulty with mental function or with physical coordination
- Unusual behavior
- Large bumps or bruises in areas other than the forehead in children, especially infants younger than 12 months

If you have suffered a concussion, you should not return to play (or vigorous activities) on the

same day as the injury, or if you still have signs of a concussion. For more information, visit cdc.gov/traumaticbraininjury.

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http://beta.docker.realhealthmag.com/article/concussions-symptoms-27324-1237