Concussions

What is it?

> A type of head injury that occurs when the head or body is hit so hard that the brain moves inside the skull.

Signs/Symptoms:

- Feeling stunned or dazed
- Confusion
- Headache
- Nausea or vomiting
- Dizziness, unsteadiness, or difficulty balancing
- Double vision or flashing lights
- Loss of memory of evens that happened before or after the injury
- Sleepiness

Plan of Action:

- Seek medical attention for evaluation and monitoring to determine severity

- If there is a change in consciousness, worsening signs or symptoms, or other cause for concerns seek medical attention ASAP.

- If the person becomes unresponsive, call 911

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