

# 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 events 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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