

## When to Call the Doctor: Signs and Symptoms of Concussion

## Heads Up: Preventing Concussion

Here is a list of common signs and symptoms of a concussion.

If you or a family member has an injury to the head and you notice any of the symptoms on the list, call your doctor right away. Describe the injury and symptoms and ask if you should make an appointment to see your doctor or another specialist.

### Signs and Symptoms of Concussion

<ul style="list-style-type: none"> <li>• Difficulty thinking clearly</li> <li>• Feeling slowed down</li> <li>• Difficulty concentrating</li> <li>• Difficulty remembering</li> <li>• Difficulty following conversation or directions</li> <li>• Answers questions more slowly or repeatedly</li> <li>• Dazed or stunned</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea or vomiting</li> <li>• Clumsiness or balance problems</li> <li>• Dizziness</li> <li>• Fuzzy or blurry vision</li> <li>• Feeling tired all of the time, having no energy</li> <li>• Sensitivity to light</li> <li>• Sensitivity to noise</li> <li>• Numbness/tingling</li> </ul>	<ul style="list-style-type: none"> <li>• Irritability</li> <li>• Sadness</li> <li>• More emotional</li> <li>• Nervousness or anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping more than usual</li> <li>• Sleeping less than usual</li> <li>• Trouble falling asleep</li> <li>• Drowsiness</li> </ul>
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When you visit your doctor here are some important questions to ask:

- What can I do to help my recovery from this injury?
- When is it safe to get back to my daily routine, such as school, work, or playing sports and doing other physical activities?
- What can I do to keep from injuring myself again?

For more information, contact...

#### Centers for Disease Control and Prevention (CDC)

CDC's National Center for Injury Prevention and Control works to reduce disability, deaths, and costs associated with injuries. CDC has a wide variety of resources and materials about concussion and other types of injuries. Call CDC toll-free at 1-800-CDC-INFO (1-800-232-4636) or visit CDC's Injury Center on the Web at [www.cdc.gov/injury](http://www.cdc.gov/injury).

#### Defense and Veterans Brain Injury Center

The Defense and Veterans Brain Injury Center (DVBIC) identifies active duty military and veterans with brain injury and provides resources to ensure they receive the best evaluation, treatment, and follow-up. Call DVBIC toll-free at 1-800-870-9244 or visit DVBIC on the Web at [www.dvbic.org](http://www.dvbic.org).

#### Brain Injury Association of America

The Brain Injury Association of America (BIAA) focuses on prevention, research, education, and advocacy. BIAA has a national network of more than 40 state affiliates across the country and hundreds of local chapters and support groups. Call BIAA toll-free at 1-800-444-6443 or visit BIAA on the Web at [www.biausa.org](http://www.biausa.org).



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CENTERS FOR DISEASE CONTROL AND PREVENTION