A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for any of the following signs and symptoms.

### Signs and Symptoms of a Concussion

#### Thinking/Remembering
- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

#### Physical
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

#### Emotional
- Irritable
- Sad
- More emotional than usual
- Nervous

#### Sleep*
- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.

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### What can school professionals do?

**Know your Concussion ABCs:**
A—Assess the situation  
B—Be alert for signs and symptoms  
C—Contact a health care professional

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For more information and to order additional materials FREE OF CHARGE, visit:  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)