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 Observed by School Professionals**

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can’t recall events prior to hit, bump, or fall
- Can’t recall events after hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

**Symptoms Reported by the Student**

**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.

What can school professionals do?

**Know your Concussion ABCs:**

A—Assess the situation
B—Be alert for signs and symptoms
C—Contact a healthcare professional

For more information, visit www.cdc.gov/HEADSUP