

SIGNS OF A CONCUSSION

1

Physical

- Headache
- Nausea or vomiting
- Vision changes
- Dizziness or difficulty with balance
- Sensitivity to light or noise

2

Emotional

- Extreme highs and lows
- New irritability, moodiness, or anxiety
- Nervousness

3

Sleep

- Difficulty falling or staying asleep
- Sleeping more or less than usual
- Fatigue

4

Mental

- Confusion
- Difficulty concentrating
- Problems remembering
- Feeling foggy



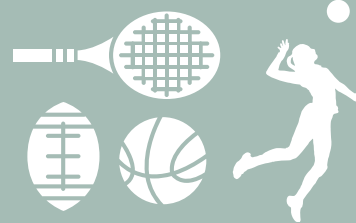
Know the RED FLAGS

Seek emergency care if someone is having:

- Neck pain or tenderness
- Seizure or convulsion
- Double vision
- Loss of consciousness
- Weakness or tingling/burning in more than 1 arm or in the legs
- Deteriorating conscious state
- Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- GCS <15
- Visible deformity of the skull

WHEN IN DOUBT, SIT THEM OUT

If you think a player has a concussion, remove them from play right away. Have a licensed medical professional examine them before allowing them to return to play.



If someone is showing **signs of a concussion**, getting them evaluated by a licensed medical professional is important. Symptoms may not appear right away, and can worsen over time.

concussion.umich.edu | <https://www.biami.org/>

BRAIN INJURY
ASSOCIATION
OF MICHIGAN

M
CONCUSSION CENTER
UNIVERSITY OF MICHIGAN