Signs and Symptoms of Concussion

These signs and symptoms – following a witnessed or suspected blow to the head or body – are indicative of probable concussion.

SIGNS (OBSERVED BY OTHERS)

- Appears dazed or stunned
- Exhibits confusion
- Forgets plays
- Unsure about game, score, opponent
- Moves clumsily (altered coordination)
- Balance problems
- Personality change
- Responds slowly to questions
- Forgets events prior to hit
- Forgets events after the hit
- Loss of consciousness (any duration)

SYMPTOMS (REPORTED BY ATHLETE)

- Headache
- Fatigue
- Nausea or vomiting
- Double vision, blurry vision
- Sensitivity to light and noise
- Feels "sluggish"
- Feels "foggy"
- Problems concentrating
- Problems remembering

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed immediately from the competition or practice and may not be allowed to return to play until cleared by an appropriate healthcare professional.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.