

_____ is exhibiting concussion-like symptoms resulting from an injury sustained on _____. The athlete should be seen by a physician prior to being allowed to return to participation.

Quite often the signs of head injury do not appear immediately after trauma, but hours after the injury itself. The purpose of this fact sheet is to alert you to the signs and symptoms of significant head injuries, symptoms that may occur several hours after you leave the athletic training room. An increase in the number of these signs and symptoms or in the severity of any one sign or symptom may indicate that you that you have sustained a significant head injury that *requires immediate medical attention. Call 911 immediately if the number of, or severity of, any of these signs and symptoms increases prior to your scheduled follow-up or if you observe any of the critical signs and symptoms listed at the end of this warning sheet.*

Concussion Signs and Symptoms

	None	Mild	Mod	Severe			
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea/vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Visual changes	0	1	2	3	4	5	6
Unsteadiness	0	1	2	3	4	5	6
Light hurts eye	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feel slowed down	0	1	2	3	4	5	6
Feel like in a fog	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Trouble remembering	0	1	2	3	4	5	6
Feel fatigued/tired	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
Trouble staying asleep	0	1	2	3	4	5	6
Over emotional	0	1	2	3	4	5	6
Irritable	0	1	2	3	4	5	6
Unusual sadness	0	1	2	3	4	5	6
Anxious	0	1	2	3	4	5	6
Just don't feel myself	0	1	2	3	4	5	6
Just don't feel right	0	1	2	3	4	5	6

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Headache	0	1	2	3	4	5	6
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Anxious	0	1	2	3	4	5	6
Just don't feel myself	0	1	2	3	4	5	6
Just don't feel right	0	1	2	3	4	5	6

Total number of symptoms: _____ /24
 Symptom severity total out of possible 144 _____ /144
 Do symptoms worsen with physical activity? Y / N
 Do symptoms worsen with mental activity? Y / N

_____ /24
_____ /144
Y / N
Y / N

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 Symptom severity total out of possible 144 _____ /144
 Do symptoms worsen with physical activity? Y / N
 Do symptoms worsen with mental activity? Y / N

_____ /24
_____ /144
Y / N
Y / N

Critical Signs and Symptoms Indicating Need for Immediate

Transport to Emergency Department:

- **One pupil larger than the other.**
- **Drowsiness or inability to wake up.**
- **A headache that gets worse and does not go away.**
- **Slurred speech, weakness, numbness, or decreased coordination.**
- **Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).**
- **Unusual behavior, increased confusion, restlessness, or agitation.**
- **Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.**

Instructions:

Use the signs and symptoms checklists to inquire as to the presence and severity of the concussion signs and symptoms listed. Tally the total number of signs and symptoms and the symptom severity score at regular intervals until the athlete is seen by an appropriate medical professional. Bring this information to your medical follow-up to assist in diagnosis and care.

Other Recommendations / Suggestions:

- Avoid aspirin or ibuprofen;
- Use acetaminophen (Tylenol) for headaches. (Be careful not exceed maximum daily dosages when combining acetaminophen containing products, such as cold medicine);
- Use ice packs as needed on head or neck;
- Eat a light diet higher in carbohydrates;
- Sleep;
- Rest;
- Avoid drinking alcohol or taking other non-prescription drugs;

It is not necessary to:

- Check eyes with flashlight;
- Wake up every hour;
- Test reflexes;
- Stay in bed.

REMEMBER: There is no such thing as a mild head injury. Head injuries can present signs and symptoms that are often found humorous and/or taken too lightly. Your health may depend on the recognition of these symptoms and your decision to take them seriously! This warning sheet is a guideline only and is not intended to diagnose concussion or clear an athlete of a concussion or more significant head injury. This warning sheet is not intended to replace proper medical assessment by an appropriate medical professional.