



Concussions

The brain is one of the most important organs in our body. A concussion is a mild traumatic brain injury that can have short-term effects on brain function. Symptoms can last from a few days to a few weeks or even longer; and may not even appear right away.

Physical symptoms of a concussion may include:

- Headache
- Ringing in the ears
- Nausea
- Vomiting
- Fatigue or drowsiness
- Blurry vision

Other symptoms of a concussion include:

- Confusion or feeling as if in a fog
- Amnesia surrounding the event (loss of memory)
- Dizziness
- Trouble with concentration and memory
- Irritability and other personality changes
- Sensitivity to light and noise
- Trouble with sleep
- Feeling emotional or depressed
- Changes in taste and smell

Seek medical attention for any significant head injury.

Seek immediate emergency attention for any of the following symptoms:

- Repeated vomiting or nausea
- A loss of consciousness
- A headache that gets worse over time
- Fluid or blood draining from the nose or ears
- Vision or eye changes
- Ringing in the ears that doesn't go away
- Weakness in the arms or legs
- Changes in behavior
- Confusion or disorientation
- Slurred speech or other changes in speech
- Obvious changes to mental function
- Changes in physical coordination, such as stumbling or clumsiness
- Seizures or convulsions