# Concussion Signs & Symptoms

## Summary
Concussion signs and symptoms are the brain’s way of showing it is injured and not functioning normally. Concussion signs are what someone could observe about you, concussion symptoms are the things you are feeling.

## Common concussion signs
- Loss of consciousness
- Problems with balance
- Glazed look in the eyes
- Amnesia
- Delayed response to questions
- Forgetting an instruction, confusion about an assignment or position
- Inappropriate crying
- Inappropriate laughter
- Vomiting

## Physical concussion symptoms
- Headache
- Light-headedness
- Dizziness
- Nausea
- Sensitivity to light
- Sensitivity to noise

## Cognitive concussion symptoms
- Difficulties with attention
- Memory problems
- Loss of focus
- Difficulty multitasking
- Difficulty completing mental tasks

## Sleep concussion symptoms
- Sleeping more than usual
- Sleeping less than usual
- Having trouble falling asleep

## Emotional concussion symptoms
- Anxiety/panic attacks
- Depression
- Anger/aggression

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Learn more at ConcussionFoundation.org/Concussion