

# WHN Concussion Symptoms and Guidance Checklist

## Physical Symptoms

- Headache
- Nausea or vomiting
- Fatigue or drowsiness
- Dizziness or balance problems
- Blurred or double vision
- Sensitivity to light or noise
- Ringing in the ears
- Slurred speech
- Loss of consciousness (not always present)

## Cognitive Symptoms

- Confusion or feeling 'foggy'
- Amnesia surrounding the event
- Difficulty concentrating or remembering
- Delayed response to questions

## Emotional and Behavioral Symptoms

- Irritability
- Sadness or depression
- Nervousness or anxiety
- Personality changes

## Sleep-Related Symptoms

- Sleeping more or less than usual
- Trouble falling or staying asleep

## Symptoms in Children and Infants

- Dazed appearance
- Listlessness or tiring easily
- Irritability or crankiness



- Loss of balance or unsteady walking
- Excessive crying
- Changes in eating or sleeping habits
- Lack of interest in favorite toys

### **When to Seek Emergency Care**

- Repeated vomiting or nausea
- A headache that worsens over time
- Loss of consciousness lasting more than 30 seconds
- Unequal pupil sizes
- Seizures or convulsions
- Clear fluid or blood from the nose or ears
- Weakness or numbness in limbs
- Slurred speech or confusion

### **Guidance After a Suspected Concussion**

- Seek medical attention immediately.
- Avoid physical activities until cleared by a healthcare provider.
- Rest and avoid screen time or mental strain.
- Monitor symptoms and report any worsening conditions.
- Follow medical advice for recovery and return to activities.