

## **Signs and Symptoms of Mild Traumatic Brain Injury (also called MTBI or Concussion)**

These are based primarily on the CDC guidelines. Please remember that the symptoms of concussion may not appear until hours or even days after the event. It is also important to remember that the fact that obvious symptoms, such as headaches, have disappeared does not mean that the concussion has resolved and that it is safe to resume risky activities. It is very important to be evaluated by a knowledgeable professional and to make a graduated, managed return to risky activities, preferably under the management of a Certified Athletic Trainer or other qualified health care professional.

### **SYMPTOMS**

<b>Reported</b>	<b>Observed by others</b>
Headache	Changes in personality: may be increased irritability or emotional reactivity (including unusual tearfulness) or may seem more docile and easygoing
Dizziness	Balance problems
Nausea/Vomiting	Coordination problems
Difficulty with concentration or memory	Doesn't remember what happened before getting hit Doesn't remember what happened after getting hit
Fatigue/grogginess	Slowed response time (like in answering questions)
Sleep disturbance	Appears drowsy
Confusion	Trouble following directions, easily confused
	Sudden changes in academic or work performance.
Double or blurred vision	Loss of consciousness (not required to sustain a concussion)
Food doesn't have taste	Decreased appetite
Light sensitivity	
Sound sensitivity	

While most concussions resolve without complications, they typically take at least a week to ten days, even if they are mild. However, the severity of the MTBI does not always correlate with the length of time that it takes to resolve. It also doesn't always correlate with how hard someone seemed to get hit. For teenagers in particular, the result of a mishandled concussion can be life-altering.