# Concussion

## Signs and symptoms

Physical

* Headaches
* Dizziness
* Nausea or vomiting
* Light or sound sensitivity
* Blurred vision
* Difficulty with balance

Mental

* Memory issues
* Problems reading
* Feeling sluggish
* Trouble with screens
* Foggy thinking
* Confusion
* Fatigue

Emotional

* Getting upset easily
* Feeling nervous or anxious
* Sadness
* Feeling emotional more often

Sleep

* Sleeping more than usual
* Sleeping less that usual
* Difficulty falling asleep

Urgent medical attention is critical if someone shows severe symptoms after a head injury, such as:

* Repeated vomiting
* Seizures
* One-sided weakness
* Persistent confusion
* Unstoppable bleeding from the head or face.

If you observe these or similar alarming signs, seek emergency help immediately.

Most concussions resolve safely with proper management, typically within 2 to 4 weeks. However, about 15-30% of individuals might experience persistent symptoms. A brain recovering from a concussion is more susceptible to stress and further injury. In fact, if you've already had a concussion, the risk of experiencing another is significantly greater. Delays in seeking treatment for a concussion could lead to more severe, long-term consequences.

For more info, visit braininjurycanada.ca