

Pocket Guide: Concussion Signs and Symptoms

Recommended by the Wyoming High School Activities Association
Sports Medicine Advisory Committee.

Provided by Wyoming Medical Center

Signs of a concussion as observed by witness

- Appears dazed or confused
- Answers questions slowly
- Personality changes
- Confused about assignment
- Loss of consciousness
- Doesn't know opponent
- Forgets plays
- Behavior changes
- Poor concentration
- Unsure of score, game, or opponent
- Can't recall hits or events prior to hit
- Can't recall events after hit
- Moves clumsily
- Vomiting

Symptoms of concussion as reported by athlete

- Headache
- Memory problems
- Feeling "woozy"
- Nausea
- Fuzzy vision (double)
- Balance problems
- Dizziness
- Sensitivity to light
- Poor concentration
- Confusion
- Sensitivity to noise
- Feeling sluggish



Wyoming Medical Center
Casper

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Wyoming Medical Center sports medicine/head injury hotline for trainers, coaches and team physicians 1-800-442-2222

- Determine whether a head injury has occurred.
- No player shall return to play the same day if a loss of consciousness or suspicion of a loss of consciousness has occurred. (WHSAA rule)
- No player should be returned to play with ANY signs or symptoms listed in the tables on the front of this card.
- Immediate referral to emergency care is indicated for deteriorating status, persistent symptoms, or suspicion of neck injury.
- Players experiencing a second concussion in a single season should not be returned to play the same day and should be referred for medical evaluation.

Hotline supported by:

