



Concussions happen.

RED FLAG SIGNS & SYMPTOMS

If an individual shows any of the following red flag symptoms, CALL 911 immediately.

- Loss of consciousness
- Increased confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness in arms/legs
- Tingling or burning in arms/legs
- Deteriorating consciousness
- Onset of neck pain
- Severe or increasing headache
- Unusual behaviour change
- Double vision

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Concussions happen. Know the signs & symptoms.

Knowing the signs and symptoms associated with concussions will allow you to effectively **REPORT** one so that you can seek the necessary treatment options that you need in order to **RECOVER** and ultimately, **RETURN** to activity.

PHYSICAL

- Headache
- Fatigue
- Dizziness
- Balance problems
- Nausea
- Sensitivity to light
- Sensitivity to noise

EMOTIONAL

- Irritability
- Sadness
- Nervousness
- More emotional than usual

COGNITIVE

- Difficulty concentrating
- Mentally foggy
- Feeling slowed down
- Difficulty remembering
- Difficulty focusing
- Abnormal sleeping patterns

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