

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
- Exhibits personality or behavior changes
- Seems confused about assignment or forget plays
- Loses consciousness
- Behavior changes
- Shows poor concentration
- Seems unsure of score, game, or opponent
- Can't recall hit or events prior to or after the hit
- Moves clumsily
- Vomits

Symptoms of concussion as reported by athlete

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

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If you suspect a concussion

- Determine whether a head injury has occurred.
- Do not return a player to the game. WHSAA rules prohibit players from returning to play if they have or are suspected to have lost consciousness.
- Do not return players to the game if they exhibit ANY symptoms listed on the front of this card.
- Seek immediate emergency care if you suspect a neck injury or if a player exhibits deteriorating status or persistent symptoms.
- Refer players suffering a second concussion in a single season for medical evaluation. Such players should not be returned to play on the same day.

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