Concussion Signs and Symptoms

Athletes who experience one or more of the signs and symptoms below after a hit, bump or jolt to the head or body may have a concussion and should be seen by a doctor.

**Observable Signs**
- Clumsy movements
- Appears dazed or stunned
- Loses consciousness (even briefly)
- Confused about position or play
- Behavior, mood or personality changes
- Can’t recall events before/after the hit/fall
- Answers questions slowly
- Forgets instructions
- Vomiting

**Symptoms Reported by Athlete**
- Headache or “pressure” in the head
- Nausea
- Vision changes (fuzzy, double, etc.)
- Sensitivity to light or sound
- Feeling slow, groggy, “out of it” or just “not right”

**What to Do if Any of the Signs or Symptoms Above Occur**
1. Remove the athlete from play.
2. Refer for evaluation by a health care provider experienced with concussion management.
3. Do NOT return athlete to play until cleared by an appropriate health care provider.

**Children’s Hospital Sports Concussion Program**

CHLA.org/Concussion

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Los Angeles</td>
<td>323-361-2142</td>
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<tr>
<td>Arcadia</td>
<td>626-795-7177</td>
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<td>Beverly Hills</td>
<td>310-657-1300</td>
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<td>Santa Monica</td>
<td>310-315-2041</td>
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<td>South Bay</td>
<td>310-303-3890</td>
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<td>Tarzana/Encino</td>
<td>818-788-2981</td>
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<tr>
<td>Valencia</td>
<td>661-362-1240</td>
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Warning Signs of Severe Injury
(Send athlete to emergency room immediately)

• Severe, worsening or persistent headache
• Multiple vomiting episodes
• Increasing confusion
• Can’t recognize people or places
• One pupil is larger than the other
• Loss of or sudden change in vision
• Significant irritability
• Slurred speech
• Neck pain
• Difficulty waking up
• Strange behavior
• Weak/numb arms/legs
• Loss of consciousness for more than 30 seconds
• Trouble walking
• Seizure

Sideline Evaluation
Ask an athlete to answer these questions and complete these tasks. If they are unable to do so correctly, they may have a concussion.

Orientation
• What period/quarter/half are we in?
• What stadium/field/gym are we at?
• What city are we in?
• Who is the opposing team?

Memory
• Ask the athlete to repeat three words (i.e. apple, baby, cat)
• Do you remember the hit?
• What happened before the hit?

Concentration: Ask the athlete to …
• Recite the days of the week in backward order, starting with today
• Repeat the following numbers in reverse order:
  • 8-1 (correct 1-8)
  • 2-7-3 (correct 3-7-2)
  • 5-4-9-6 (correct 6-9-4-5)
• Recall the three words given earlier (apple, baby, cat)
• What was the score prior to the hit?
• What happened in the period/quarter/half prior to the hit?