



Wyoming  
Medical Center

# Concussion Signs and Symptoms

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

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

## **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.