

# CONCUSSIONS HAPPEN. KNOW THE SIGNS AND 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

## DID YOU KNOW?

The onset of concussion symptoms can be delayed.  
You may only experience one of these symptoms and still have a concussion.  
A concussion doesn't need to result in a direct blow to the head.  
You can have suffered a concussion without loss of consciousness.



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