

Do YOU have a concussion? Grades 5 to 8

## Symptoms of a Concussion Table

Symptoms of a Concussion:

Body	Thinking	Emotions	Sleep
Dizzy	Confused	Irritable	Can't sleep
Headache	Sleepy	Nervous or anxious	Sleeping poorly
Sick to the stomach	Can't think	More emotional	Sleeping too much
Pressure in the head	Can't remember	Feeling foggy	
Trouble with balance	Tired or low energy	Sad	
Sensitive to light or noise			
Blurry vision			

Symptoms not related to Concussion:

Coughing	Broken bone	Fever	Runny nose
Scraped knee	Itchy skin	Rash	Bruise