

Traumatic Brain Injury symptom checklist

Use this checklist if you think a member of your team has suffered a concussion.

- ☐ *Loss of consciousness for more than a few seconds after the injury
- ☐ *Drowsiness or inability to wake up
- ☐ *A worsening headache that does not go away
- ☐ *Repeated vomiting or nausea, convulsions, or seizures
- ☐ One pupil is larger than the other
- ☐ Slurred speech, weakness, numbness, or decreased coordination
- ☐ Unusual behavior, such as increased confusion, restlessness, or agitation
- ☐ Blood or fluid coming out of the ears or nose
- ☐ Large bumps, bruises, or swelling on the head
- ☐ Severe dizziness and/or loss of balance
- ☐ Numbness or tingling in arms or legs

If more than one box is checked the player likely has a concussion, and should be held out of the rest of the game. They will also need to be referred to the campus health center, or directly to emergency services if any of the boxes with a * are marked. Any suspected concussion also needs to be reported immediately to the Rec Sports Office.

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