

What You Need To Know About Concussion

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

A concussion is a brain injury caused by a bump, blow, or jolt to the head that changes the way your brain works normally. While concussions are sometimes called mild brain injuries because they're usually not life-threatening, their effects *can* be serious. A concussion can affect thinking, language, learning, emotions, behavior, and sleep.

Symptoms include confusion, nausea, balance problems, fuzzy vision, sensitivity to light and noise, and dizziness. People with a concussion need to be seen by a health care professional.

Danger signs include:

- a headache that gets worse and doesn't go away;
- weakness, numbness, or decreased coordination;
- nausea or repeated vomiting;
- slurred speech;
- drowsiness;
- difficulty waking;
- one pupil larger than the other;
- convulsions or seizures;
- can't recognize people or places;
- more and more confused, restless, or agitated; or
- unusual behavior

If you or someone you know has any of these danger signs, go to a health care provider or an emergency department right away!

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Be patient because healing takes time. Consult with your doctor. Only when symptoms have reduced significantly should you slowly and gradually return to your daily activities, such as work or school.

If symptoms come back or you get new symptoms as you become more active, you're pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to feel better.

CDC provides resources about concussions. Visit www.cdc.gov/concussion.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.