

## *~ News From The Nurse's Office ~*

### *Head Injuries/Concussions*

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a ‘ding’ or a bump on the head can be serious.

What are the Signs and Symptoms?

- Headache
- Nausea
- Balance problems
- Dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Concentration or memory problems
- Confusion
- Behavior or personality changes

Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If you notice any concussion symptoms, seek medical attention right away.