Concussions are brain injuries:

A concussion is a type of traumatic brain injury or TBI caused by a blow, or jolt to the head that causes the head and brain to move rapidly back and forth.
This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes and sometimes stretching and damaging brain cells. These changes in the brain lead to symptoms that may affect how a child thinks, learns, feels, acts, and sleeps. Symptoms are usually most severe right after the injury. Learn more about the Signs and symptoms of concussion.

CDC youtube video: "Caring for your child's concussion"

Concussions should be taken seriously because they can produce changes in your child's, brain, body, and behavior. Most children with a concussion feel better within 2 to 4 weeks. However, some children have symptoms that affect their behavior, mood, memory or emotions for months or longer. Symptoms that stay around can affect children as they grow up and even through adulthood.

Signs and symptoms:

Concussion symptoms are what your child is feeling after the injury. Concussion signs are what you see when your child is experiencing symptoms related to the injury. Experiencing concussion symptoms is part of the normal healing process.

Physical

- Bothered by light or noise
- Dizziness or balance problems
- Feeling tired, no energy
- Headaches
- Nausea or vomiting (early on)
- Vision problems

Social or Emotional

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness

Thinking and remembering

- Attention or concentration problems
- Feeling slowed down
- Foggy or groggy
- Problems with short- or long-term memory
- Trouble thinking clearly

Sleep

- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

Concussion danger signs (SEEK IMMEDIATE ATTENTION)

- Convulsions or seizures (shaking or twitching)
- Not able to recognize people or places
- Repeated nausea or vomiting
- Slurred speech
- Loss of consciousness
- One pupil larger than the other
- Unusual behavior, increased confusion, restlessness or agitation