Is it a concussion?

If you bump your head, watch for these signs of a concussion:

• feeling dizzy or having a headache for more than a few minutes
• blurry vision
• vomiting or feeling like throwing up
• feeling confused, sleepy, grouchy, or sad for no reason
• trouble with balance or coordination
• trouble concentrating or talking

If you have any of these symptoms, call a doctor right away.