



# 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.