

Concussion Signs

- Appears dazed
- Confused about play
- Answers question slowly
- Personality/behavior change
- Forgets plays prior to hit
 - Retrograde amnesia
- Forgets plays after hit
 - Anterograde amnesia
- Loss of consciousness

Concussion Symptoms

- Headache
- Nausea
- Balance problems
- Double vision
- Photosensitivity
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Cognitive changes

■ Heat exhaustion signs and symptoms

- Excessive thirst
- Dry tongue
- Wt. loss
- Fatigue/weakness
- Incoordination
- Mental dullness
- Slightly elevated body temp.

■ Heat stroke signs and symptoms

- Medical emergency
- Abrupt onset, preceded by headache, vertigo, fatigue
- Less sweat than exhaustion
- Pulse increase (160-180)
- Temp. rises rapidly (105°-106°)
- Athlete feels as if they are burning up
- Vomiting and/or diarrhea