



# Concussion

## Signs and Symptoms of a Brain Injury

**Share this card** with friends or family members - They should not let you fall asleep for 5 hours following your injury. Sleepiness is a sign of traumatic brain injury. If it is late at night and/or regular bedtime, someone should wake you every 1/2 hour for 5 hours. If they find you **uncontrollably tired** or if they are **unable to wake you**, they should call **911** immediately.

The signs of a brain injury (concussion) can be subtle. Some warning signs may appear immediately and others may not show up for days, weeks, or even months after the injury.

### **Dial 911 *immediately* if you experience:**

- ▶ Vomiting or dizziness
- ▶ Difficulty answering simple questions such as “What day is it?”
- ▶ Double vision or pupils that are different sizes
- ▶ Severe headache
- ▶ Blood or clear fluid from the nose or ears
- ▶ Difficulty with walking or talking
- ▶ Seizures (convulsions, eyes fluttering, body going stiff, staring into space or a sudden onset of a fixed stare)

### **Contact your physician or local emergency room if you notice any of these changes following your injury:**

- ▶ Change in sleep patterns
- ▶ Persistent headaches
- ▶ Change in personality, behavior or mood
- ▶ Change in job performance
- ▶ Confusion or difficulty concentrating
- ▶ Memory problems

### ***Take this card with you to your physician or emergency room***

For additional information, contact:



Brain Injury Association of Texas  
1-800-392-0040  
[www.biatx.org](http://www.biatx.org)



Texas Traumatic Brain Injury Advisory Council  
512-458-7111 ext. 3069  
[www.tdh.state.tx.us/braininjury](http://www.tdh.state.tx.us/braininjury)



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