



Concussion in Children

Signs and Symptoms of a Brain Injury

Do not let the child fall asleep for 5 hours. Sleepiness is a sign of a traumatic brain injury. If it is late at night or regular bedtime, wake the child every 1/2 hour for 5 hours. If the child is **uncontrollably tired** or you **cannot wake the child**, call **911** immediately.

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

Dial 911 *immediately* if the child:

- ▶ Can't stop vomiting
- ▶ Is not speaking clearly, seems confused or doesn't know you
- ▶ Has trouble with vision (seeing double, blurry vision) or has pupils that are different sizes
- ▶ Has severe headache
- ▶ Has blood or clear fluid from the nose or ears
- ▶ Has trouble with balance or walking
- ▶ Has a seizure (convulsions, eyes fluttering, body going stiff, staring into space or a sudden onset of a fixed stare)

Contact your child's physician or your local emergency room if you notice any of these changes following the child's injury:

- ▶ Has changes in sleep patterns
- ▶ Experiences changes in personality, behavior or mood
- ▶ Has changes in school performance
- ▶ Has changes in attention or concentration
- ▶ Gets upset or frustrated easily
- ▶ Overreacts, cries or laughs too easily

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



Texas Traumatic Brain Injury Advisory Council
512-458-7111 ext. 3069
www.tdh.state.tx.us/braininjury



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