



# BRAIN INJURY ASSOCIATION OF NEW JERSEY, INC.



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## IMPORTANT INFORMATION ABOUT HITTING YOUR HEAD

### **What is a concussion?**

A blow or jolt to the head can disrupt the normal function of the brain. This type of brain injury is called a concussion. After a concussion, some people lose consciousness or are "knocked out" for a short time, but not always. You can have a brain injury without losing consciousness.

### **Signs and symptoms of concussion.**

The signs and symptoms of a concussion may be slight and may not be noticeable at first. Once they appear, they can last for days, weeks or longer. If you or your child has recently been hit in the head or fallen, **watch for the following early signs (minutes to hours):**

- Lack of awareness of surroundings
- Dizziness
- Headache
- Nausea or vomiting

### ***Be sure to watch for the following late signs or symptoms (days to weeks):***

- Headaches
- Increased sensitivity to bright lights
- Light-headedness
- Increased sensitivity to loud noises
- Poor concentration
- Anxiety and/or depression
- Trouble with memory
- Sleep disturbances
- Fatigue
- Irritability

***See your healthcare provider immediately  
if you notice any of these signs.***