

# ACTive™ Clipboard Sheet

Signs and Symptoms of Concussion	
Signs You May Observe	Symptoms Experienced by Athlete
<ul style="list-style-type: none"> <li>• appears to be dazed or stunned</li> </ul>	<ul style="list-style-type: none"> <li>• headache or pressure in the head</li> </ul>
<ul style="list-style-type: none"> <li>• is confused about assignments</li> </ul>	<ul style="list-style-type: none"> <li>• double or fuzzy vision</li> </ul>
<ul style="list-style-type: none"> <li>• forgets plays</li> </ul>	<ul style="list-style-type: none"> <li>• balance problems</li> </ul>
<ul style="list-style-type: none"> <li>• is unsure of game, score, or opponent</li> </ul>	<ul style="list-style-type: none"> <li>• dizziness</li> </ul>
<ul style="list-style-type: none"> <li>• moves clumsily</li> </ul>	<ul style="list-style-type: none"> <li>• memory problems</li> </ul>
<ul style="list-style-type: none"> <li>• answers questions slowly</li> </ul>	<ul style="list-style-type: none"> <li>• difficulty concentrating</li> </ul>
<ul style="list-style-type: none"> <li>• loses consciousness, even temporarily</li> </ul>	<ul style="list-style-type: none"> <li>• sluggishness or feeling foggy</li> </ul>
<ul style="list-style-type: none"> <li>• shows behavior or personality change</li> </ul>	<ul style="list-style-type: none"> <li>• sensitivity to light or noise</li> </ul>
<ul style="list-style-type: none"> <li>• forgets events prior to hit</li> </ul>	<ul style="list-style-type: none"> <li>• nausea</li> </ul>
<ul style="list-style-type: none"> <li>• forgets events after hit</li> </ul>	<ul style="list-style-type: none"> <li>• sleep problems</li> </ul>

## Take Action

**When in doubt, keep 'em out.**

**Stand tall. Make the call.**

- Get your player to an appropriately trained healthcare provider.
- Inform his or her parents immediately.

**No play without okay.**

Hospital phone:
Hospital name:
Hospital phone:
<p><b>For emergency</b></p> <p><b>CALL 911</b></p>
<p><b>Important Phone Numbers</b></p>
Hospital name: