Concussion is a mild injury to the brain that can occur without loss of consciousness.

**Symptoms**

**Physical**
- Balance issues
- Dizziness
- Headache
- Sensitivity to light/Sound
- Sleep issues/Fatigue

**Cognitive**
- Slow foggy thinking
- Difficulty with attention, concentration, memory
- Difficulty with decision making, problem-solving, organization

**Emotional**
- Irritability
- Sadness/Depression
- Frustration/Anger
- Worry/Anxiety

**Things to remember**
- Patterns of recovery may be different for each person.
- Some symptoms might last longer than others.
- It is not clear why some people experience symptoms for longer than others.
- If your symptoms are not improving, change or worsen, follow up with a family doctor.
- It is important to see a doctor regularly throughout recovery.

**Who can help?**

Specialists who work with concussion or brain injury:
- Physiatrist
- Occupational therapist
- Physiotherapist
- Speech-Language Pathologist
- Psychologist
- Neuropsychologist
- Vocational Rehabilitation Counselors

- After a concussion you will likely be more sensitive to the effects of alcohol and drugs.
- It is recommended to avoid these while recovering.