Concussion: Signs and Symptoms Checklist

STUDENT NAME: GRADE: DATE & TIME OF INJURY:

Description of Injury (including where and how the injury occurred):

Resolution   Returned to Class   Sent Home   Referred to Healthcare Professional

Name/Signature of person completing this form:

Title of person completing this form:

Comments:

Directions for school staff:

Use this checklist to monitor students who come to your office with a head injury. Students should be monitored for a minimum of 30 minutes. Check for signs or symptoms when the student first arrives at your office, 15 minutes later, and at the end of 30 minutes.

Students who experience one or more of the signs or symptoms of concussion after a bump, blow, or jolt to the head should be referred to a healthcare professional with experience in evaluating for concussion. For those instances when a parent is coming to take the student to a healthcare professional, observe the student for any new or worsening symptoms right before the student leaves.

SEND A COPY OF THIS CHECKLIST WITH THE STUDENT FOR THE HEALTHCARE PROFESSIONAL TO REVIEW

Concussion Signs and Symptoms	0 Min	15 Min	30 Min	Other Time (i.e., prior to leaving)
Please specify time (e.g., 12:00 PM):				
Appears dazed, stunned, or confused about events				
Repeats questions or answers questions slowly				
Can't recall events prior to or after the hit, bump, or fall				
Loses consciousness (even briefly)				
Shows behavior or personality changes				
Forgets class schedule or assignments				
Headache or 'pressure' in head				
Nausea or vomiting				
Balance problems or dizziness				
Fatigue or feeling tired				
Blurry or double vision				
Sensitivity to light or noise				
Doesn't 'feel right'				
Difficulty thinking clearly, concentrating, remembering				
Feeling more slowed down than usual				
Feeling sluggish, hazy, foggy, or groggy				
More emotional than usual (irritable, sad, nervous)				
No signs or symptoms observed				

Reference: Centers for Disease Control and Prevention. (2019). Concussion signs and symptoms checklist: https://www.cdc.gov/headsup/schools/nurses.html

ADA Compliant: 11/12/2021