

Signs & Symptoms of Traumatic Brain Injury

Red Flag Symptoms

That warrant immediate medical attention



Neck pain



Loss of consciousness, in and out of consciousness



Confusion or irritability



Severe or worsening headache



Repeated vomiting



Unusual changes in behaviour



Seizures or convulsions



Double vision



Weakness, tingling or burning of the limbs

Common Symptoms



PHYSICAL

- Headaches
- Tinnitus (ringing in your ears)
- Chronic fatigue (both mental and physical)
- Nausea and vomiting
- Dizziness
- Blurred vision
- Changes to your menstrual cycle



COGNITIVE CHALLENGES

- Decision making / judgement
- Reasoning / impulsivity
- Multi-tasking
- Concentration
- Memory storage and/or recall
- Organization
- Slowed thinking
- Inability to read facial expressions
- Communication



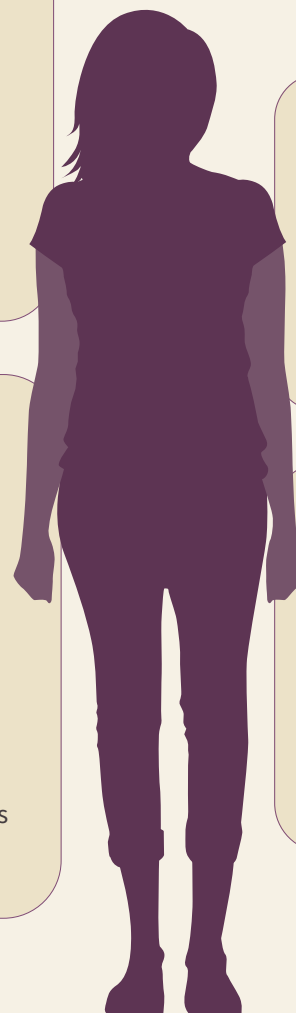
SLEEP

- Sleeping more or less than usual
- Sleeping at odd times of day
- Trouble falling asleep
- Not feeling rested after sleeping



PSYCHOLOGICAL

- Depression
- Anxiety
- Outbursts of anger and irritability
- Emotional lability (easy mood swings that can change quickly)
- Changes to personality



For more information please visit the Abused & Brain Injured Toolkit at abitoolkit.ca