CONCUSSION 101:
Love your Lid! Nurture your Noodle!
Save your Cerebellum!

A concussion is an injury to the brain resulting from the rapid acceleration or deceleration of brain tissue within the skull. Rapid movement causes brain tissue to change shape, which can stretch and damage brain cells, also resulting in chemical and metabolic changes within the brain cells. This damage makes it more difficult for brain cells to function and communicate.

Common causes of concussions at Dartmouth:
- Sports-related injuries
- Falls while intoxicated
- Car/bike accidents
- Falls on slippery walkways
- Room architecture mishaps
- Fooling around with friends
- Violence between students
- Slipping in the shower

SIGNS
(Oberved by Others)
- Clumsy movement
- Balance problems
- Loss of consciousness (even brief)

SYMPTOMS
(Self-Reported)
- Headache (most common symptom) or pressure in head
- Nausea or vomiting
- Vision changes
- Light or noise sensitivity
- Feeling sluggish or groggy
- Dizziness
- Numbness or tingling

- Appears dazed or stunned
- Seems confused
- Responds slowly to questions
- Forgets events before or after hit/fall

- Problems concentrating
- Problems remembering
- Foggy or hazy feeling

- Changes in mood, personality, or behavior

- Just not feeling right
- Feeling down
- Change in sleep

WHAT TO DO
Cognitive AND physical rest are crucial in the period right after a concussion. If you experience any of the symptoms above after a fall, blow, or jolt to the head, you should seek medical attention. The providers at Dick’s House can coordinate with other resources to help ensure students get adequate physical and cognitive rest.

Dick’s House
Appointments: 646-9401
or schedule online through Banner
24-7 Nurse Consultation: 646-9440

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