

Questions to ask your child/player **every day** to determine whether concussion symptoms are still present

Do you have a headache, or have you had a headache at all today? Has it been continuous?

If yes, how bad from 0-10...10 being the worst, 0 being no headache at all.

Do you feel tired today? More tired than a normal day after a game.

Do your legs feel normal, weak or slightly tired?

Did you have a hard time falling asleep last night?

Are you sensitive to light?

Are you sensitive to noises?

Have you felt nauseous at all today?

Do you feel off balance, while you are walking or playing?

Do you feel dizzy?

*Try to avoid general questions, like “how do you feel?” Be specific.