SIGNS AND SYMPTOMS
Concussion/Mild Traumatic Brain Injury

Defense and Veterans Brain Injury Center

DEFINITION:

A traumatic brain injury (TBI) is a blow or jolt to the head that disrupts the normal function of the brain. The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate or severe.

Did you know?

Concussion – another word for a mild TBI – is the most common form of TBI in the military. Symptoms of concussion often resolve within days or weeks.

COMMON SIGNS AND SYMPTOMS:

Physical

Headache
Sleep disturbances
Dizziness
Balance problems
Nausea/vomiting
Fatigue
Visual disturbances
Light sensitivity
Ringing in ears

Cognitive

Slowed thinking
Poor concentration
Memory problems
Difficulty finding words

Emotional

Feeling anxious
Feeling depressed
Irritability
Mood swings

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This product is reviewed annually and is current until superseded. **800-870-9244 • dvbic.dcoe.mil**
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COPING TIPS:

- Write things down.
- Store important items like keys in a designated place to keep from losing them.
- Pace yourself and take breaks as needed.
- Focus on one thing at a time.
- Allow time for your brain to heal. It's the most important thing you can do.

RECOVERY TIPS:

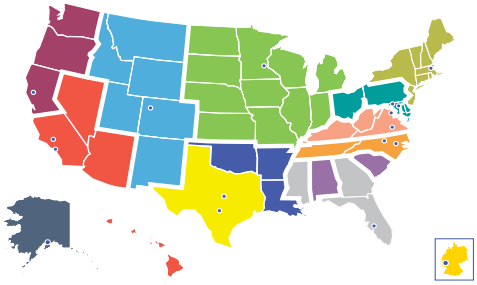
- Avoid smoking.
- Sit out of contact sports.
- Get enough sleep — 7 to 8 hours a night.
- Take medications as instructed.
- Avoid overexerting yourself physically or mentally.
- If you're concerned about your symptoms or if they're not improving, see your provider.
- Stay engaged with your family and provider as your symptoms improve.
- Avoid using drugs, drinking alcohol or energy drinks. These can disrupt your recovery process.

Recovery is different for every person and depends on the nature of the injury.

FIND A DVBIC SITE NEAR YOU:

- Camp Lejeune, N.C.
- Camp Pendleton, Calif.
- Fort Bragg, N.C.
- Fort Carson, Colo.
- Fort Hood, Texas
- Landstuhl Regional Medical Center, Germany
- NMC San Diego
- San Antonio Military Medical Center, Texas
- Joint Base Elmendorf-Richardson, Alaska
- Fort Belvoir, Va.
- Walter Reed National Military Medical Center, Md.
- VA Boston
- VA Minneapolis
- VA Palo Alto, Calif.
- VA Richmond, Va.
- VA Tampa, Fla.

To find a point of contact in your region, please visit the DVBIC website.



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Do you have questions about this fact sheet? Feedback? Email info@dvbic.org.
DVBIC is proud to partner with the Army, Navy, Air Force, Marine Corps and Coast Guard on this product.