

# Signs of mild TBI

After any head injury, watch closely for any of these signs:

- headaches
- language problems
- loss of problem solving skills
- trouble paying attention
- memory problems
- personality changes and bursts of emotion
- mild seizures
- inner ear problems

Vomiting, trouble sleeping and nightmares are also common signs.

## Oh, this headache!

You may have headaches after your injury. These are called *post-concussive headaches*. They can cause constant, mild or severe pain. Sometimes post-concussive headaches go away after a few weeks, but sometimes they don't. A headache problem may be long-term.

Two types of headaches may result from a head injury. These are **vascular** and **tension headaches**.

