Protect Your Performance

→ Possible brain threats.

Potentially concussive events: airborne/drone-borne, or missile blast; vehicle blast, collision, or rollover; presence within 225 meters of a blast, inside or outside; direct blow to the head; loss of consciousness; exposure to more than one blast event.

→ Symptoms.

Concussion or mild TBI/mTBI may affect how you feel, think, act, or sleep.

Physically - Bothered by light or noise; dizziness or balance problems; feeling tired, no energy; headaches; nausea; vision problems

Thinking and Remembering - Attention or concentration problems; feeling slowed down; mentally foggy or groggy; problems with memory; trouble thinking clearly

Emotionally - Anxiety or nervousness; irritability or easily feel anger; feeling more emotional; sadness

Sleep - Sleeping less than usual; sleeping more than usual; trouble falling asleep

→ Next steps.

Get help so you can get back to your best.

Health.mil/Brain

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