



## COMMON SIGNS AND SYMPTOMS

- Headache
- Nausea
- Dizziness
- Blurred or double vision
- Sensitivity to noise/lights (i.e., fluorescent light)
- Fatigue/decreased energy
- Changes in mood
- Nervous or anxious
- Poor sleep
- Memory loss and brain fog

\*Symptoms may be immediate but can also show up a few hours and/or days later

## HOW SYMPTOMS AFFECT SOMEONE AT WORK

### Physical

- Reduced activity tolerance
- Sensitivity to loud environments
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