

Could it be a concussion?

Take the K.E.K.S.-Test

"K.E.K.S." is the original German acronym for the four main concussion symptoms. It remains the official name of the test in every language because it is also the name of the character who created the test, Keks. The name is easy to remember because "Keks" means "cookie" in German: a familiar word that many people recognize around the world.

The K.E.K.S. Test is an easy-to-use tool for recognizing a concussion. It was developed to help preschool and primary school children understand the symptoms of a concussion. A separate version is also available for adults. Using the letters of the acronym K.E.K.S., the most common symptoms of a concussion are explained in a simple and memorable way. Take the K.E.K.S.-Test and gain #ClarityWithKeks.

The most common symptoms of a concussion include physical, emotional and cognitive complaints as well as sleep disturbances.



K – "Kopf" (Head)

- Do you have a headache?
- Do you feel dizzy?
- Do you feel sick or nauseous?

E – "Empfindlichkeit" (Emotional sensitivity)

- Are you in a particularly bad mood?
- Are you becoming irritated quickly?
- Does everything feel overwhelming?

K – "Konzentration" (Focus)

- Are you finding it difficult to focus on things?
- Do you feel foggy or confused?
- Are you more forgetful than usual?

S – "Schlaf" (Sleep)

- Are you sleeping worse than usual?
- Are you feeling more tired?
- Do you feel exhausted?

Important: If you experience one or more of these symptoms or if you simply do not feel well after a blow to the head you should always consult a doctor. It is important to remember that concussion symptoms may not appear immediately. They can develop 6 to 48 hours after the injury, and in some cases even weeks or months later.