



## **ALL CONCUSSIONS ARE SERIOUS.**

**IF YOU THINK YOU HAVE A CONCUSSION:**

✓ **DON'T HIDE IT.**

✓ **REPORT IT.**

✓ **TAKE TIME TO RECOVER.**

## **CONCUSSION SYMPTOMS:**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

▶ **“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.”**

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