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.”

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> www.CDC.gov/concussion

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