



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



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✓ Sportsmanship ✓ Leadership ✓ Dedication

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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