

If you think you've had a
CONCUSSION...

Don't hide it.
Report it.
Take time to recover.

HEADACHE

NAUSEA

BALANCE PROBLEMS
OR DIZZINESS

DOUBLE OR
FUZZY VISION

SENSITIVITY TO
LIGHT OR NOISE

FEELING SLUGGISH

FEELING FOGGY
OR GROGGY

CONCENTRATION OR
MEMORY PROBLEMS

CONFUSION



It's better to miss one game than the whole season.

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

