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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