

ALL CONCUSSIONS ARE SERIOUS.

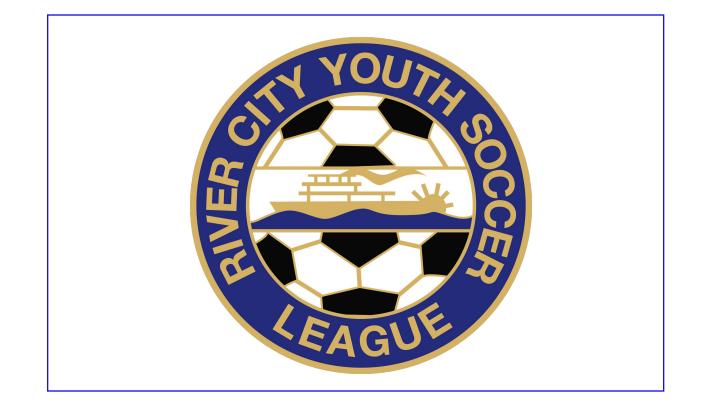
IF YOU THINK YOU HAVE A CONCUSSION:

- 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 L www.facebook.com/CDCHeadsUp

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