

If you think you have a **concussion:**

#1

STOP

*participating in the
activity to recognize
how you feel*

(see back for more information)

#2

TELL

*an adult right away
about your signs
and/or symptoms*

#3

TAKE

YOUR TIME

*to recover and get back
to your usual activities*

IF IN DOUBT...
SIT IT OUT!

COMMON CONCUSSION SIGNS & SYMPTOMS INCLUDE:



Loss of
Consciousness



Headache



Seizure or
convulsions



Seeing stars,
flashing lights



Vomiting



Fatigue or
feeling tired



Slurred
Speech



Ringing in
the Ears



Strange or
inappropriate
emotions



Sensitivity
to Light



Dazed or
Vacant Look



Memory Impairment



Dizziness



Easily Distracted or
General Confusion

