

IF YOU THINK YOU HAVE A CONCUSSION:

#1

STOP

to recognize how you feel:



Headache



Memory Impairment



Sensitivity to Light



Seeing stars, flashing lights



Ringing in the Ears



Easily Distracted or General Confusion



Fatigue or feeling tired



#2

TELL

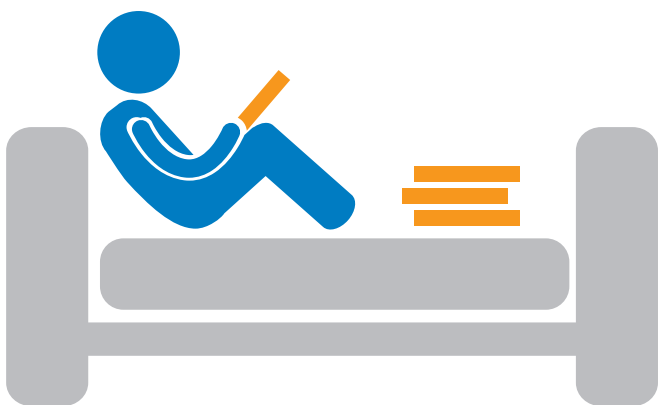
an adult right away!



#3

TAKE YOUR TIME

to recover and get back to your usual activities



NB Trauma Program
Programme de
traumatologie du NB
www.nbtrauma.ca

IF IN DOUBT... **SIT IT OUT!**