

*Do you know  
what to do if  
you suspect a  
**concussion?***

**STOP**

*participating in the activity  
right away*

**TELL**

*an adult about your  
signs and symptoms  
(see back for more information)*

**CONSULT**

*a doctor or a nurse  
practitioner as soon  
as possible for a  
medical diagnosis*

*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



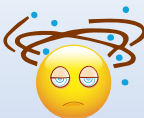
Dazed or vacant look



Memory impairment



Easily distracted or general confusion



Dizziness

