

A HIT OR FALL CAN DAMAGE YOUR BRAIN.

CONCUSSIONS KNOW THE SIGNS

PHYSICAL

- Headaches
- Nausea
- Dizziness
- Light sensitivity
- Noise sensitivity

SLEEP

- Difficulty falling or staying asleep
- Sleeping more or less than usual



EMOTIONAL

- Sadness
- Anger
- Frustration
- Nervous/anxious
- Irritable

MENTAL

- Fogginess
- Difficulty thinking
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering

IF IN DOUBT, SIT IT OUT. SEE YOUR HEALTHCARE PROVIDER.