IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A
CONCUSSION
DON’T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.

SYMPTOMS:

• Amnesia
• Confusion
• Nausea
• Loss of consciousness
• Balance problems or dizziness
• Double or fuzzy vision
• Sensitivity to light or noise
• Headache
• Feeling sluggish, foggy or groggy
• Feeling unusually irritable
• Concentration or memory problems
• Slowed reaction time

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.

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