

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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