

If you think you've had a  
**CONCUSSION...**

Don't hide it.  
Report it.  
Take time to recover.

HEADACHE

NAUSEA

BALANCE PROBLEMS  
OR DIZZINESS

DOUBLE OR  
FUZZY VISION

SENSITIVITY TO  
LIGHT OR NOISE

FEELING SLUGGISH

FEELING FOGGY  
OR GROGGY

CONCENTRATION OR  
MEMORY PROBLEMS

CONFUSION



It's better to miss one game than the whole season.

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

