

Concussion 101 for kids & parents

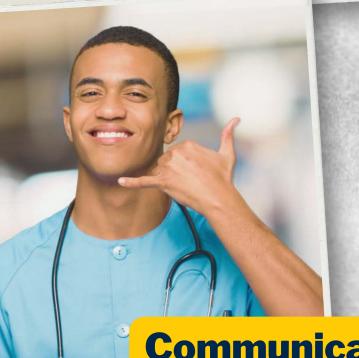
Did you hit your head and feel dizzy?
Sensitive to light? Changes in your
mood? You might have a concussion.

What's different about a concussion?

- Even though your skull protects your brain, a hard hit to your head can still injure your brain
- 2 Unlike a scraped knee, you can't see brain injuries, so others might assume you're okay
- Your brain controls everything in your body, so a concussion can cause many different symptoms



Tell your parents, teachers & coaches



how you are feeling

Communication is key!

When in doubt, call your doctor!



YOUR BRAIN IS YOU!