

DO YOU HAVE A CONCUSSION?




DID YOU HIT YOUR HEAD AND FEEL DIZZY?

ARE YOU SENSITIVE TO LIGHT?

DO YOU HAVE CHANGES IN YOUR MOOD?

There are a lot of concussion symptoms. If you were hit in the head, think about how you are feeling. If you're feeling off, it's important to get checked by a medical professional.

WHAT'S DIFFERENT ABOUT A CONCUSSION?

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



TELL A PARENT, COACH, OR ADULT IF YOU AREN'T FEELING RIGHT

A concussion is a serious injury, so it's important to tell someone if you aren't feeling right. They can make sure you get the care you need so your brain can heal. Remember, your brain controls everything from riding a bike, to all your memories and skills. You want to keep your brain healthy!

