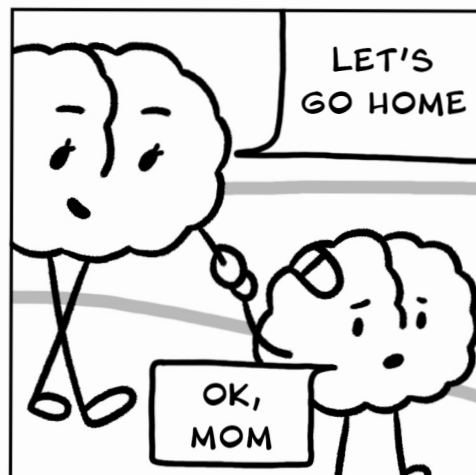
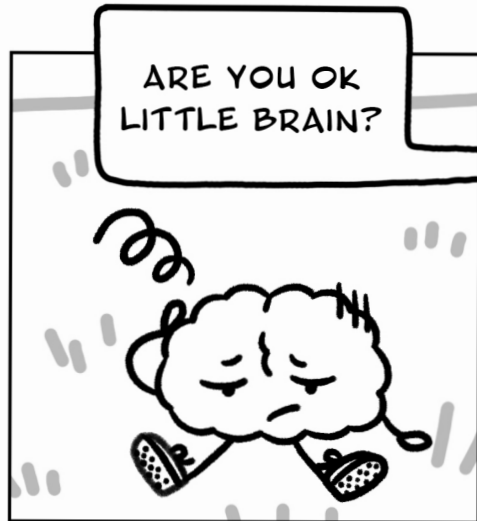
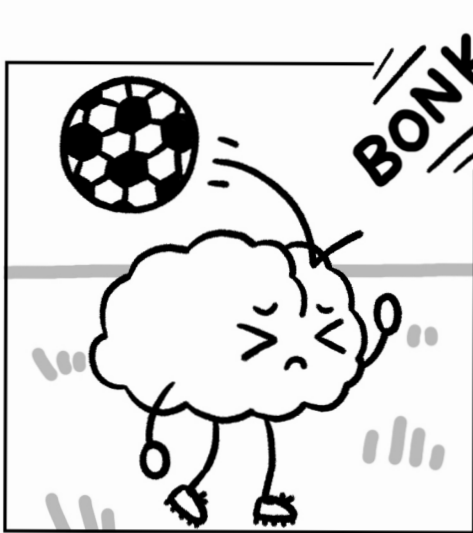
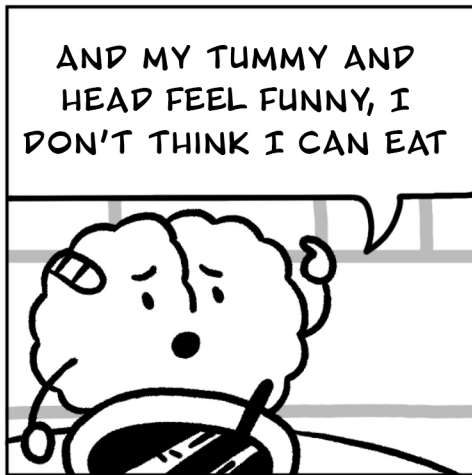
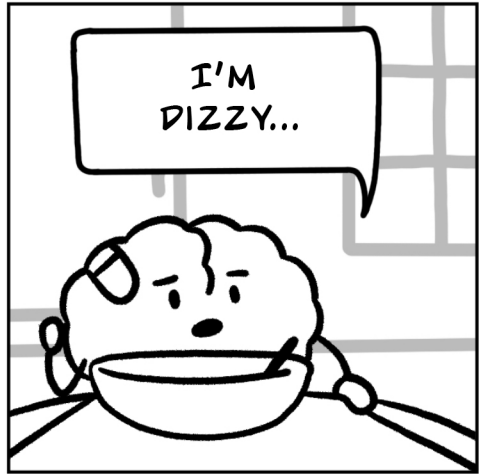
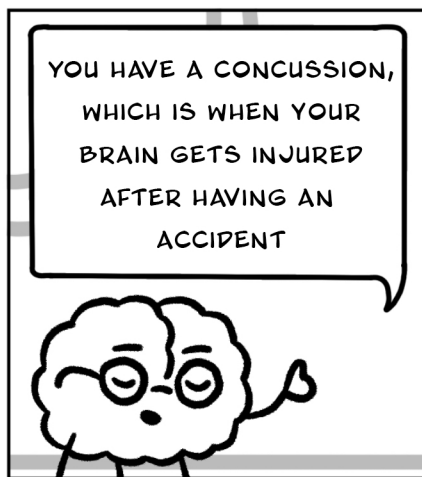
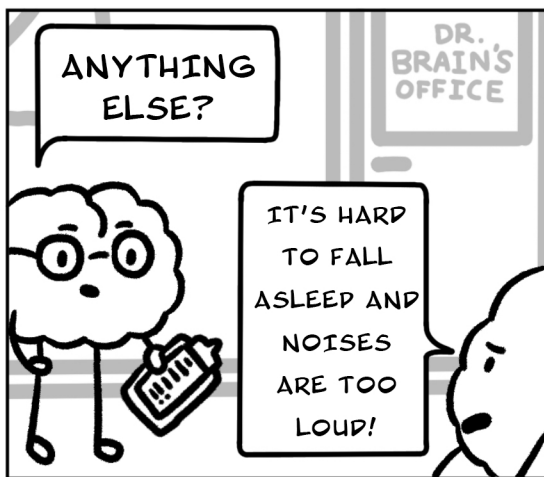
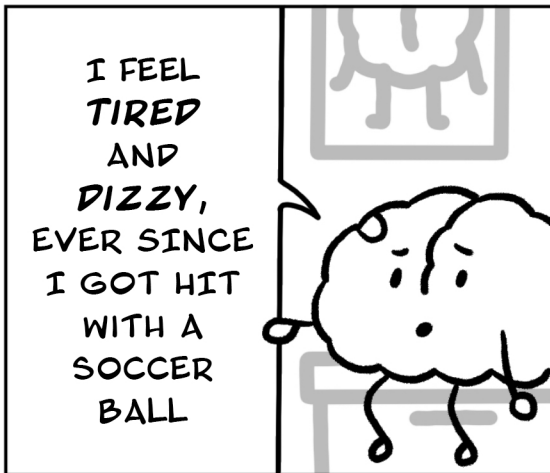
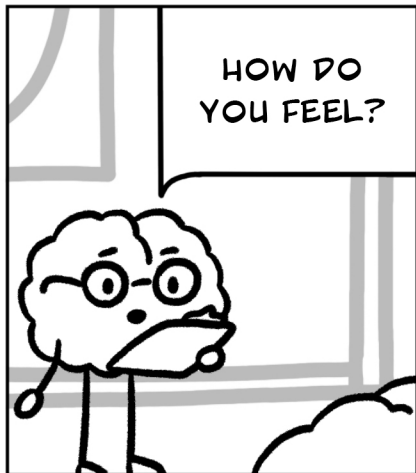


LITTLE BRAIN GETS HURT

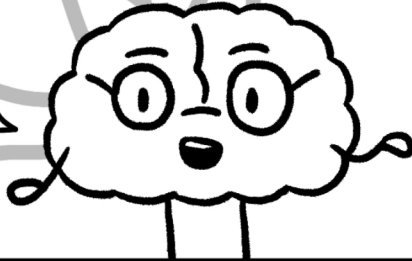


AT HOME...





CONCUSSIONS
ARE VERY
COMMON,
KIDS USUALLY
HEAL WITHIN
A FEW WEEKS!



JUST
FOLLOW MY
INSTRUCTIONS
BELOW TO
HEAL YOUR
BRAIN!

DR. BRAIN'S INSTRUCTIONS:



IT'S OK TO TAKE A NAP

MAKE SURE TO REST THROUGHOUT THE
DAY, BUT NOT TO THE POINT THAT IT
STOPS YOU FROM FALLING ASLEEP AT NIGHT



TAKE A WALK

IT'S OKAY TO TAKE A WALK IF YOU'RE NOT
FEELING YOUR BEST, AND AS YOU START TO
FEEL BETTER, YOU CAN DO MORE ACTIVITIES



PROTECT YOUR HEAD

BE CAREFUL NOT TO HIT YOUR HEAD AGAIN!
REMEMBER TO CHECK WITH YOUR DOCTOR
BEFORE YOU START PRACTICING WITH YOUR
TEAM AGAIN

Rx Dr. Brain

ART BY CLARA CHRISTOPHERSON

SIGNS OF A CONCUSSION

Physical

- Headache
- Nausea or vomiting
- Vision changes
- Dizziness or difficulty of balance
- Sensitivity to light or noise

Emotional

- Extreme highs or lows
- New irritability, moodiness, or anxiety
- Nervousness

Sleep

- Difficulty falling or staying asleep
- Sleeping more or less than usual
- Fatigue

Mental

- Confusion
- Difficulty concentrating
- Problems remembering
- Feeling foggy

Know the Reg Flags

Seek emergency care
if someone is having:

- Neck pain or tenderness
- Seizures or convulsions
- Double vision
- Loss of consciousness
- Weakness or tingling in more than 1 arm or in the legs
- Deteriorating conscious state
- Vomiting
- Severe or increasing headache
- Increasingly restless, combative or agitated
- Visible deformity of the skull

When in doubt, sit them out:

If you think someone has a concussion, remove them from all physical activity right away. Have a licensed medical professional examine them before they return to play.

If someone is showing signs of a concussion, getting them evaluated by a licensed professional is important. Symptoms may not appear right away, or can worsen over time.

concussion.umich.edu | biami.org