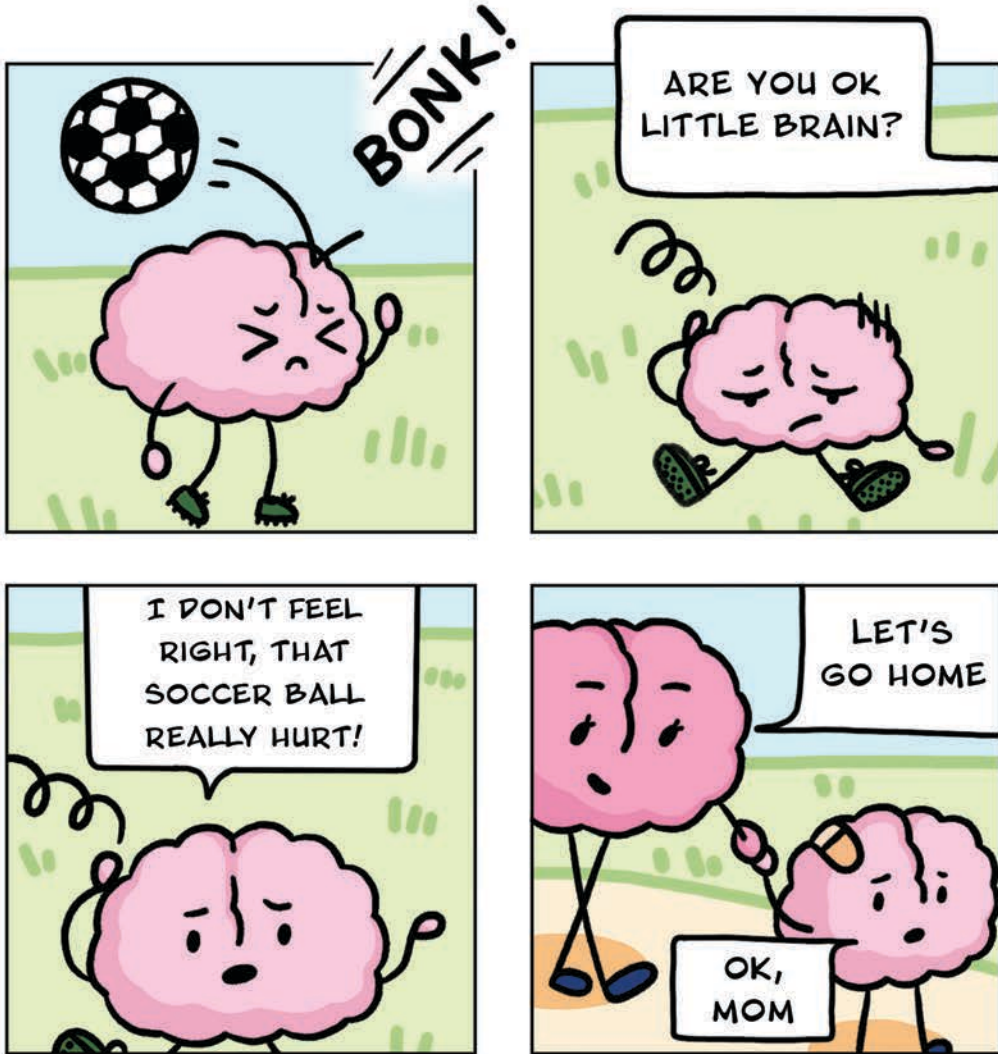
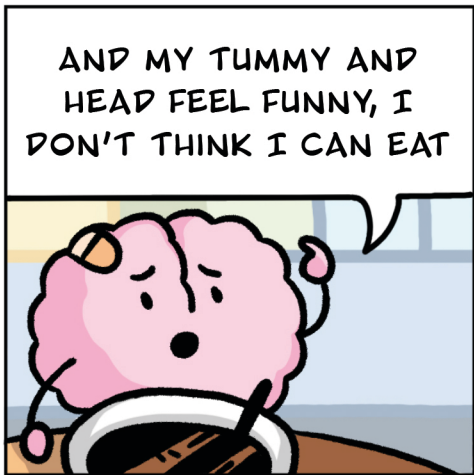
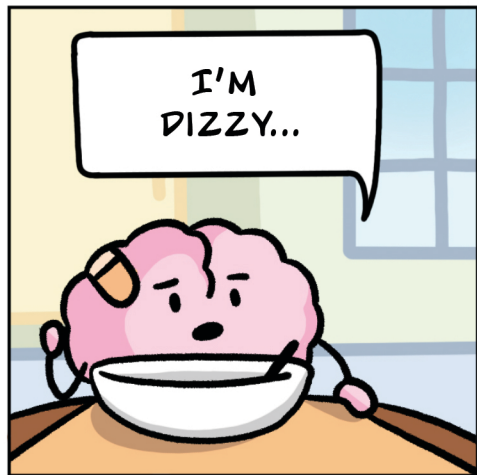
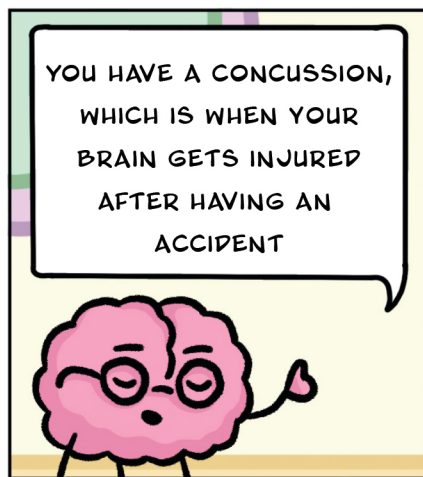
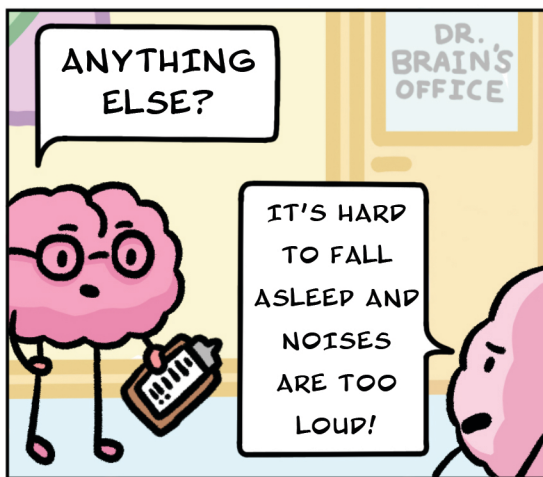
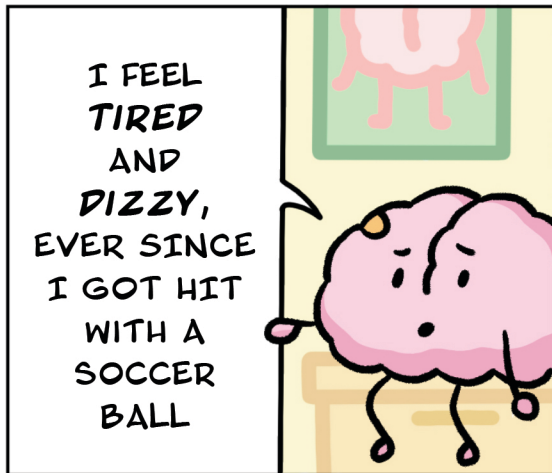
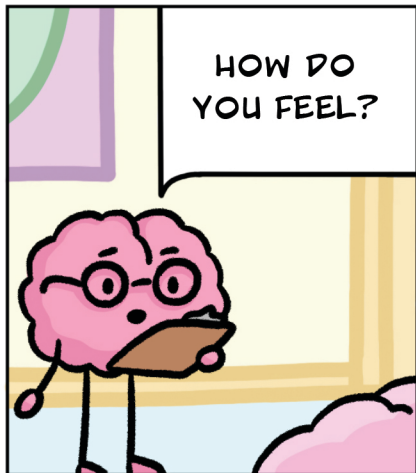


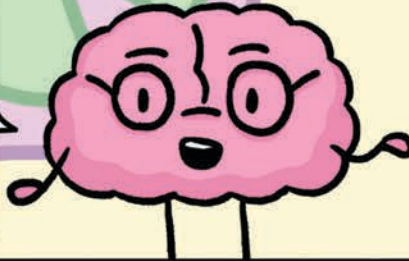
# LITTLE BRAIN GETS HURT







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



JUST  
FOLLOW MY  
INSTRUCTIONS  
BELOW TO  
HEAL YOUR  
BRAIN!

## DR. BRAIN'S INSTRUCTIONS:



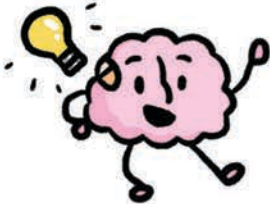
### **IT'S OK TO TAKE A NAP**

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

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## 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.

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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](http://concussion.umich.edu) | [biami.org](http://biami.org)