

SO YOU THINK YOU MIGHT HAVE A CONCUSSION DO YOU TELL SOMEONE?

If you tell:

A healthcare professional assesses your symptoms

You receive proper treatment

You let your brain rest and recover

You return to activity

You return to competition

You return to life

It's better to miss one game than an entire season.

When in doubt, get checked out

If you don't tell:

You will likely feel miserable and, perhaps, experience higher levels of depression, anxiety, and self-doubt

You will perform more poorly in your sport and may not ever get back to your previous performance level

You put yourself at greater risk for other types of injury

You increase the time it will take to recover

You may impact academic performance, personal relationships, or ability to hold down a good job

You set yourself up for a second impact that, while rare, can lead to death

You may be putting yourself at greater risk for dementia or other mental health problems later in life

A concussion is a brain injury that . . .
Is caused by blow to the head or body
Changes the way your brain normally works
Ranges from mild to severe
Does not require you to lose consciousness

Symptoms of a concussion:

Headache	Feeling sluggish, foggy, or groggy
Nausea	Slowed reaction time
Difficulty concentrating	Feeling unusually irritable
Balance problems or dizziness	Trouble remembering things, feeling confused, or amnesia
Double or fuzzy vision	
Sensitivity to light or noise	



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