



concussion

when in doubt,
sit it out!



SIGNS AND SYMPTOMS OF CONCUSSION

Know the warning signs of concussion. Check for **signs and symptoms** when a child receives a blow to the head or body that causes a jarring of the head or neck.

		
Confused or dazed	Memory loss	Headache or "pressure" in the head
		
Nausea/vomiting or stomach ache	Dizziness and/or loss of balance	Feeling tired or drowsy
		
Blurry or double vision	Sensitivity to light and/or noise	Feeling more emotional/sad/nervous

A concussion is a brain injury. If the child has one or more of these signs they **must be removed from play immediately** and not return until seen and cleared by a doctor. If you suspect a concussion, the child should be removed from play immediately and should not return until seen and cleared by a doctor. If you suspect a concussion, the child should be **removed from play immediately** and should not return until **seen and cleared by a doctor**.