



CONCUSSION CAN HAPPEN IN ANY SPORT OR DURING PLAY



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.

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**.

Visit sitoutconcussion.org.au for more information



Sensitivity to light and/or noise



Dizziness and/or loss of balance



Feeling tired or drowsy



Blurry or double vision



Memory loss



Confused or dazed



Headache or "pressure" in the head



Nausea/vomiting or stomach ache



Feeling more emotional/sad/nervous

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