




Concussions are just like any other injury; they take time to heal. You should not return to play until all symptoms are gone. If you have another head injury before then, it can have serious consequences.

Common symptoms of concussion:

-  **CONFUSION**
-  ... **CLUMSY MOVEMENT OR DIZZINESS**
-  **NAUSEA OR VOMITING**
-  ... **MEMORY LOSS**
-  **SENSITIVITY TO NOISE AND LIGHT**
-  ... **TIREDFNESS**
-  **NUMBNESS OR TINGLING ANYWHERE ON THE BODY**
-  ... **UPSET STOMACH**
-  **SLURRED SPEECH**
-  ... **VISION PROBLEMS**
-  **MORE IRRITABLE THAN USUAL**
-  ... **DIFFERENT SLEEPING PATTERNS**

 Visit choa.org/concussion for more information on concussion safety.

