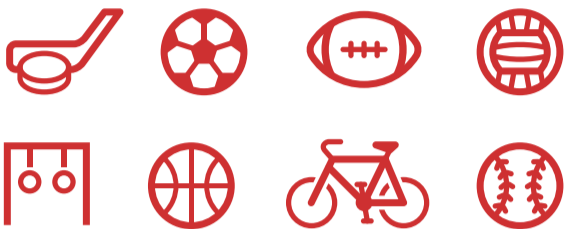


Sports concussions.

Is your child at risk?

HIGH-RISK



LOW-RISK



What do I do if my child suffers a concussion?

1. **Remove** your child from the game
2. Have your child **evaluated** by a qualified healthcare professional
3. Do not return your child to play until he or she is **symptom-free**
4. **Inform** your child's teacher and coach about the concussion

A concussion

MAY OR MAY NOT

involve a loss of consciousness

Athletes who have received a **concussion** are

3X

more likely to suffer a second concussion

While some symptoms can appear right after an injury, others may

develop minutes or



hours afterwards.

Most concussion symptoms resolve

spontaneously over 7-14 days.



- Headache
- Dizziness
- Confusion
- Nausea
- Vomiting
- Clumsiness
- Behavior or personality changes
- Blurry vision
- Sensitivity to light or noise
- Balance problems
- Memory or concentration problems
- Loss of consciousness (even brief)