If you think you’ve had a **CONCUSSION**...

Don’t hide it. Report it. Take time to recover.

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

It’s better to miss one game than the whole season.