

Could it be a concussion?

All concussions are serious.

All concussions are brain injuries.

Concussions can occur without loss of consciousness.

Knowing the signs of concussion can prevent further injury or death

Are you experiencing these symptoms?	Is a teammate experiencing these warning signs?
Headache	Appears dazed or stunned
Neck pain	Is confused about assignment
Balance problems or dizziness	Forgets plays
Double or fuzzy vision	Is unsure of game, score or opponent
Nausea or vomiting	Moves clumsily
Hearing problems or ringing in ears	Answers questions slowly
Confusion	Loses consciousness
Drowsiness	Shows behavior or personality changes
Feeling sluggish	Can't recall events prior to or after hit
Concentration or memory problems	Unequal size pupils

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

If you suspect you or one of your teammates has a concussion, tell your coach and trainer immediately.

For more information or to find a concussion specialist, call (502) **629-1234** or visit

NortonHealthcare.com/SportsHealth.