

# LOOK OUT FOR A CONCUSSION

## THERE ARE MANY SIGNS OF A CONCUSSION

If someone is showing signs of a concussion, getting them evaluated by a licensed medical professional is important. Symptoms may not appear right away, and can worsen over time.

### Physical

- Headache
- Nausea or vomiting
- Vision changes
- Dizziness or difficulty with balance
- Sensitivity to light or noise

### Emotional

- Extreme highs and lows
- New irritability, moodiness, or anxiety
- Nervousness

### Sleep

- Difficulty falling or staying asleep
- Sleeping more or less than usual
- Fatigue

### Mental

- Confusion
- Difficulty concentrating
- Problems remembering
- Feeling foggy



### KNOW THE RED FLAGS

**Seek emergency care** if someone is having:

- Loss of consciousness
- Increasing confusion or inability to stay awake
- Vomiting
- Seizure or convulsion
- Severe or increasing headache
- Severe neck pain
- Weakness, tingling or burning in the arms or legs
- Persistent double vision or loss of vision
- Increased restlessness
- Visible deformity of the skull

## WHEN IN DOUBT, SIT THEM OUT

If you think a player has a concussion, remove them from play right away. Have a licensed medical professional examine them before allowing them to return to play.

