



SPOT THE WARNING SIGNS OF CONCUSSION

DID YOU KNOW? 90% of concussions do not involve loss of consciousness.

HEADACHE



Watch for headaches that get worse, won't go away, or are accompanied by one pupil appearing larger than the other.

DOUBLE VISION



Watch for double images where there should only be one. Images can be side by side, on top of each other, or a combination of both.

NAUSEA/ VOMITING



Watch for nausea brought on by dizziness or headache, and call a doctor right away if vomiting occurs more than 3 times.

DIZZINESS



Pay attention to dizziness described as a rocking or swaying sensation, lightheadedness or general imbalance.

CONFUSION



Be aware when athletes seem "zoned out," are easily distracted by lights and noises, or have trouble focusing.

DROWSINESS



Watch for changes in sleep patterns, such as sleeping for much longer periods than normal, or insomnia.

