

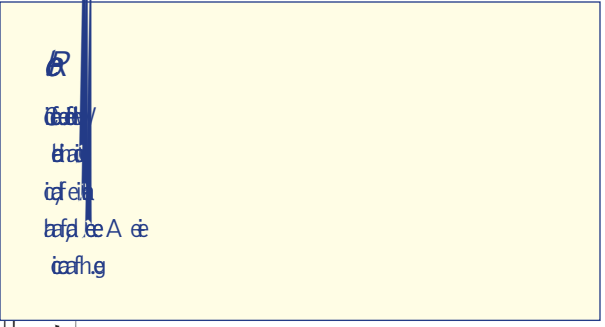
CONCUSSION DANGER SIGNS

1. Loss of consciousness
2. Amnesia
3. Persistent headache
4. Persistent vomiting
5. Persistent dizziness
6. Persistent irritability
7. Persistent mood changes
8. Persistent changes in behavior
9. Persistent changes in personality
10. Persistent changes in social skills
11. Persistent changes in academic performance
12. Persistent changes in attention
13. Persistent changes in memory
14. Persistent changes in judgment
15. Persistent changes in decision-making
16. Persistent changes in risk-taking
17. Persistent changes in aggression
18. Persistent changes in impulsivity
19. Persistent changes in anxiety
20. Persistent changes in depression

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

1. To get medical attention
2. To prevent further injury
3. To avoid long-term complications
4. To ensure proper recovery
5. To protect their health and safety
6. To avoid legal consequences
7. To protect their reputation
8. To protect their future career
9. To protect their future health
10. To protect their future happiness

Visit www.cdc.gov/Concussion.



WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. Stop the activity immediately
2. Remove the athlete from play
3. Do not allow the athlete to return to play until cleared by a medical professional
4. Monitor the athlete for symptoms
5. Provide first aid if necessary
6. Seek medical attention
7. Document the incident
8. Report the incident to the appropriate authorities
9. Provide emotional support
10. Encourage the athlete to rest

Name _____

Name _____

Date _____

Name _____

Name _____

Date _____