



When In Doubt... Sit 'Em Out!

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Know The Signs Of A Concussion

If your child has a bump or fall, watch for these signs:

Physical

- Headache
- Dizziness or balance issues
- Nausea or vomiting
- Blurry vision
- Sensitivity to light or noise

Thinking

- Confused or can't focus
- Trouble remembering

Emotional

- Irritable or mood changes

Sleep

- Sleeping more or less than usual

Just "Off"

- Sluggish, foggy, or not acting like themselves

If you notice any of these symptoms,
stop play and seek medical attention.

