

A CONCUSSION IS NOTHING TO PLAY WITH.

It's not a game – it's serious business. Concussions are brain injuries and most sports-related concussions occur without loss of consciousness. So know the signs and symptoms. But even more importantly, don't hide it. Report it. Then make sure to take time to recover.

All concussions are serious. Don't play around. **When in doubt, sit it out.**

Here's what to look for:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion

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For more information, go to utswmedicine.org/concussions