

Concussion Info for Teens

What you need to know

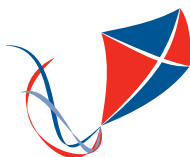


- A concussion is a **brain injury**.
- All concussions are **SERIOUS**.
- Concussions can happen in **any sport**.
- A helmet isn't enough to stop a concussion. But it can help.
- Knowing the signs of a concussion as soon as it happens is **very important**.



If you feel any of these things, tell your coach or parent

- Headache
- Sick to your stomach or throwing up
- Dizzy or can't balance
- See double or blurry
- Light or noise bother you
- Slow, extra tired or sleepy
- Can't remember or pay attention
- Confused



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