

<b>Signs and Symptoms of Concussion</b>	
<b>Signs You May Observe</b>	<b>Symptoms Experienced by Athlete</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> appears to be dazed or stunned</li> <li><input type="checkbox"/> seems confused</li> <li><input type="checkbox"/> forgets plays or instructions</li> <li><input type="checkbox"/> is unsure about game, score or opponent</li> <li><input type="checkbox"/> moves clumsily (altered coordination)</li> <li><input type="checkbox"/> exhibits balance problems</li> <li><input type="checkbox"/> answers questions slowly</li> <li><input type="checkbox"/> loses consciousness, even briefly</li> <li><input type="checkbox"/> shows behavior or personality changes</li> <li><input type="checkbox"/> forgets events prior to hit</li> <li><input type="checkbox"/> forgets events after hit</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Headache or pressure in head</li> <li><input type="checkbox"/> Foggy or hazy feeling</li> <li><input type="checkbox"/> Nausea or vomiting</li> <li><input type="checkbox"/> Double vision, blurry vision</li> <li><input type="checkbox"/> Sensitivity to light or noise</li> <li><input type="checkbox"/> Feeling sluggish, fatigued or groggy</li> <li><input type="checkbox"/> Problems concentrating</li> <li><input type="checkbox"/> Problems remembering</li> <li><input type="checkbox"/> Just not feeling right or feeling down</li> <li><input type="checkbox"/> Balance problems or dizziness</li> <li><input type="checkbox"/> Numbness or tingling</li> </ul>

<b>Take Action</b>
<p>When in doubt, keep 'em out.</p> <p>Stand tall. Make the call.</p> <ul style="list-style-type: none"> <li>• Get your player to an appropriately trained healthcare provider.</li> <li>• Immediately inform parents.</li> </ul> <p>No play without OK.</p>

<b>Important Phone Numbers</b>
Hospital phone:
Hospital name:
<p><b>For Emergencies</b></p> <p><b>CALL 9-1-1</b></p>