



SAFE BRAI



You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

Get a headache

Feel dizzy, sluggish, or foggy

..... Are bothered by light or noise

..... Have double or blurry vision



..... Vomit or feel sick to your stomach



..... Have trouble focusing or problems remembering



..... Feel more emotional or “down”

..... Feel confused

..... Have problems with sleep