

What is a concussion?

A concussion is an injury to the brain.

Concussions occur when your brain moves in ways it shouldn't, causing damage to the superhighway of neurons you depend on every day.



1

Sudden impact from a fall, bump, hit or jolt causes the brain to bounce around or twist inside the skull.



2

The brain may strike the inner skull.



3

The head may also decelerate and stop its motion, causing the brain to hit the opposite side of the skull. This causes changes in the brain, damaging cells and creating potentially serious effects.



Your brain is the center of everything you do. A concussion can affect your memories, personality and more. Understanding how they happen helps put you ahead.

Visit [CheckYourMelon.com](https://www.checkyourmelon.com) to learn more, because knowledge is brainpower.

**Don't mess with
your melon**

If you hit it, get it checked.

**CONCUSSION
AWARENESS
NOW**