

# Hit your head?

## Know the symptoms.

Concussions are an everyday thing, but most people know very little about them. Being mindful about concussions now might help your brain later. To get up to speed on the symptoms and learn how and when to take action, visit [CheckYourMelon.com](http://CheckYourMelon.com).

Learning to recognize concussion symptoms is critical. Not just for yourself but also to help others. It's a key step on the way to effective treatment and recovery.

### IN YOURSELF

- Headaches
- Vision issues
- Nausea or vomiting
- Dizziness or off-balance
- Exhaustion
- Sensitivity to noise or light
- Personality changes or irritability
- Numbness or tingling
- Mental fog or concentration problems
- Clumsiness
- Emotions out of whack
- Changes to sleep
- And more

### IN OTHERS

- Loss of consciousness (even briefly)
- Slow to answer questions
- Slowed reaction time
- Confusion
- Forgetfulness
- Personality changes or irritability
- And more

### TODDLERS AND INFANTS

In toddlers and infants, additional red flags include:

- Crying without being able to be consoled
- Refusing to nurse or eat
- And more

## Dizziness



## Confusion



## Headache



## Vision issues



## Nausea



**Don't mess with  
your melon**

If you hit it, get it checked.

**CONCUSSION  
AWARENESS  
NOW**