# 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**.

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

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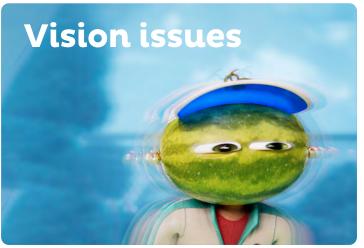
And more











Don't mess with your melon

If you hit it, get it checked.

