

Think you know about concussions? Think again.

The pressure to not let your team down. The fear of appearing weak. Bad information from friends or the internet. This is why over half of people who think they have a concussion never seek medical care. If you or someone you know seriously hits or jolts their head, ditch the excuses. **The advice is simple: Get it checked.**



Anyone,



anywhere,



anytime.

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 everyday.

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.

Know the symptoms.

Learning to recognize concussion symptoms is critical. Not just for yourself but also to help others.

For some people, symptoms may develop immediately. For others, hours or even days may pass before warning signs show up. Head to **CheckYourMelon.com** to learn more.

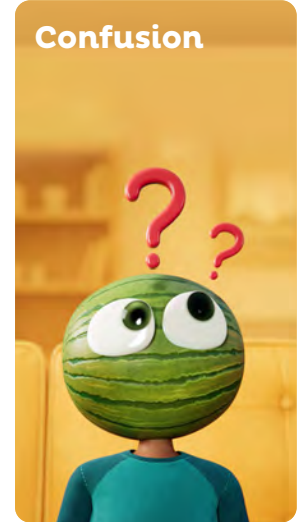
Dizziness



Headache



Confusion



Nausea



Vision issues



Take action.

If you think you might have a concussion, it's important to get it checked (by a qualified medical professional, not just anybody!) There are many places you could go, depending on how quickly you need care.

If your or a loved one's symptoms are severe, you should dial 911 right away or head straight to an emergency room.

Emergency room

ERs have advanced diagnostic tools and are open 24/7, so they are also a good option if you sustain a possible concussion outside of typical operating hours.

If your injury doesn't seem life-threatening, it's still important to get it checked. There are several other options to get care.

Urgent care

Urgent care centers are same-day clinics where you can walk in with a non-emergency injury. They are capable of diagnosing and treating concussions, and if you need additional testing or diagnosis they may send to you the ER.

Primary care provider

If you can get an appointment with your doctor right away, this may be a good choice for you. Your doctor will know your health history and can spend time listening to your experience and tailoring a recovery plan.

Telemedicine

More doctors than ever are offering tele-health appointments. You may be able to make a virtual appointment with your doctor, or with a tele-health provider, to determine next steps for a possible concussion.

Concussion clinic

In some places across the U.S., there are specialized clinics that tailor their care for people with concussions. For help finding a concussion clinic near you, call the National Brain Injury Information Center toll-free helpline at 1-800-444-6443 during business hours.

Don't mess with your melon

If you hit it, get it checked.

CONCUSSION
AWARENESS
NOW

Concussions are an everyday thing, but most people know very little about them. Being mindful about concussions now might help your brain later.

Learn more at [CheckYourMelon.com](https://www.checkyourmelon.com)

For quick access to resources and recommendations, call the National Brain Injury Information Center toll-free helpline at 1-800-444-6443 during business hours.

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