

HALLOWEEN HEADS-UP!

Do You Know the Signs of a Concussion?

Our Halloween friends are showing some common concussion symptoms. Learning these signs can help you know when it's important to tell a trusted adult.

KNOW
THE SIGNS
OF A
CONCUSSION!

WHEN IN DOUBT,
SIT IT OUT!

Feeling Dizzy

Whoa...
everything feels
spinnny!



Things may feel
wobbly or unsteady.

Extra Sleepy

I think
I need a nap...



Feeling more tired than
usual can be a sign of
a concussion.

Feeling Confused

Where did I put
my bolts?



A concussion can make it
harder to remember things
or think clearly.

Headache

My head is really
bothering me.



Headaches are one of the
most common concussion
symptoms.

Bright Lights Bother Me

The lights are
too bright!



Bright light may feel
uncomfortable after
a concussion.

Loud Sounds Bother Me

Everything
sounds too loud!



Some people become
more sensitive to noise
after a concussion.

Trouble Focusing

I can't focus
on my homework!



It may be harder to pay
attention or concentrate.

Upset Stomach

My tummy
doesn't feel right.



A concussion can sometimes
cause nausea or an upset
stomach.

What Should You Do?



- ✓ Tell a parent, teacher, coach, or another trusted adult.
- ✓ Rest your brain and body.
- ✓ Follow your doctor's instructions.
- ✓ Don't return to sports until it's safe.

Protect Your Brain This Halloween!



Wear
a helmet.



Watch where
you're going.



Play safely
with friends.



Look out for
one another.



Tell an adult
if you hit
your head.

Healthy brains help us learn, play, and do the things we love!