

SPEAK UP!

ATHLETES
SAVING
ATHLETES.

 #ASAspeakup
www.injuredathletes.org

Recognizing signs and symptoms and being **HONEST** about them is extremely important to **YOUR** health!

LEARN THE POSSIBLE SIGNS (SOMETHING YOU SEE)

Loss of consciousness
(which only occurs in 1 out of 10 concussions)

Slurred speech or not making sense

Repeating the same thing

Moving clumsily

Confused about events, answer questions slowly

Cannot recall events prior to the hit
or bump or after

Forgetful, not knowing where to go on the field

Appearing dazed, stunned or glassy eyed

Behavior or personality changes

The contents of this flyer are for informational purposes only. The information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician, athletic trainer, or other qualified healthcare professional if you have any questions regarding a medical condition. If you think you have a medical emergency, call your doctor or 911 immediately. Reliance on any information provided by Advocates for Injured Athletes and the Athletes Saving Athletes program is solely at your own risk.

CONCUSSIONS

This is your brain, your life and your future!

LEARN THE POSSIBLE SYMPTOMS (SOMETHING YOU FEEL)

PHYSICAL

Headache or pressure in the head

Numbness or tingling

Difficulty concentrating or remembering

Fatigue, feeling slowed down

Feeling sluggish hazy, foggy or groggy

Does not "feel right"

Blurry vision

Balance problems

Nausea and vomiting

Sensitive to light and /or noise

Dizziness

COGNITIVE

Fogginess

Trouble concentrating or remembering

Slow to process information

EMOTIONAL

Sadness

Anxiety

Heightened emotions

Irritable

Feeling emotionally different than usual

SLEEP

Drowsiness

Fatigue

Sleeping more or less

Trouble falling asleep or staying asleep

Seek medical attention from a professional trained in concussion management.
Do not go back to play until you are symptom free and have the medical okay.