



Protection Is the Name of the Game



Tips to Help Prevent a Concussion

- Use proper equipment in every game and practice.
- Match the equipment to your particular sport and position.
- Understand the dangers of concussions and that repeated concussions can lead to long-term damage, which can impact your entire future.
- Follow the safety rules and the rules of your sport.
- Practice good sportsmanship, and encourage your teammates to do the same.

Tips to Treat a Concussion

- Pay attention and report any of the following symptoms immediately to your coach and parents: persistent headache, pressure in the head, dizziness, nausea or vomiting, confusion, blurred vision, sensitivity to light or noise, feelings of sluggishness or grogginess, problems with memory or concentration, or if you're just not "feeling right."
- If you feel any of the above symptoms, don't worry about continuing on with your activity.
- Be sure to follow up your emergency room treatment with a visit to a healthcare specialist.
- Avoid returning to the activity without proper clearance from your healthcare specialist.

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