



Concussions are brain injuries caused by a blow to the head. They can have serious delayed effects, even if you are feeling well afterwards.

If you have bumped your head you may be at risk! If you suffer from nausea, vomiting, headaches, dizziness, blurred vision or if you are just not feeling yourself after a head injury, then you must seek medical advice immediately!

# CONCUSSION

*More than just a bump on the head!*



If you bump your head, follow these three steps:

- STOP:** Playing or Training immediately
- TELL:** Your Parents, Coach or Trainer right away
- REST:** Until you have been medically cleared by your doctor

