

ROWAN'S LAW DAY

CONCUSSION SAFETY

CONCUSSIONS ARE BRAIN INJURIES... AND THEY NEED TIME TO HEAL



Bumped your head or body playing sports, being active, or hanging around with friends? Don't hide it, **SPEAK UP** and get help. A bump to the head can injure the brain leading to a concussion – and brain injuries need adequate time to heal.

If you or a friend or a teammate sustains a bump or blow to the head or body, know the signs and symptoms of a concussion. Sometimes symptoms are obvious right away, but sometimes they can take hours or even days to appear.

Symptoms include:

- Headache/pressure in head
- Nausea
- Feeling drowsy
- Dizziness
- Sensitivity to light
- Sensitivity to noise
- Difficulty thinking clearly or remembering
- Fatigue or low energy
- Blurred vision
- Feeling sad, irritable, nervous or emotional

Have you had a concussion? Want to help others prevent them and encourage those affected to get help? Spread the word about #RowansLawDay and join the discussion about concussion. For more information checkout:

Rowan's Law Day Toolkit for Schools | ophea.net/rowans-law-day-toolkit-schools | #RowansLawDay