

# 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](http://ophea.net/rowans-law-day-toolkit-schools) | #RowansLawDay**