



## **ALL CONCUSSIONS ARE SERIOUS.**

**IF YOU THINK YOU HAVE A CONCUSSION:**

✓ **DON'T HIDE IT.**

✓ **REPORT IT.**

✓ **TAKE TIME TO RECOVER.**



▶ **“IT’S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON.”**

JOIN THE CONVERSATION AT [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO [WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

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