



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

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

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