



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

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