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Worried about a concussion?

Signs to watch for

Any Athlete suspected of having a concussion should be removed from play, and then seek a medical evaluation.

Problems could arrive over the first 24-48 hours. The person who is suspect for a concussion should not be left alone and must go to a hospital at once if they:

- Have a headache that progressively gets worse.
- Are very drowsy or can't be awakened.
- Can't recognize people or places.
- Has repeated vomiting.
- Behave unusually or seem confused; very irritable.
- Have seizures (arms and legs jerk uncontrollably).
- Have weak or numb arms or legs.
- Are unsteady on their feet; have slurred speech.

Remember it is better to be safe. Consult your care provider after a suspected concussion.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.