



IF YOU HIT YOUR HEAD HOW DO YOU KNOW WHAT TO DO AND WHETHER YOU MUST SEE A DOCTOR?

HERE ARE THE SIGNS TO DETERMINE IF SOMEONE NEEDS TO GO SEE A PHYSICIAN*

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS,
YOU SHOULD IMMEDIATELY SEEK PROPER MEDICAL ATTENTION:



COGNITIVE

Lack of ability
to concentrate.
Memory Loss.
Feeling confused,
foggy or hazy.



EMOTIONAL

Feeling moody
including: sad,
anxious, irritable or
apathetic. Just not
feeling "right"
or feeling "down."



PHYSICAL

Headache or
"pressure" in your head.
Nausea or vomiting.
Balance problems
or dizziness. Sensitivity
to light or noise.



ANYTHING UNUSUAL

Like feeling
unusually sleepy
or wide-awake.

SOMETIMES THESE SIGNS DON'T APPEAR IMMEDIATELY, SO IT'S IMPORTANT TO BE AWARE
and keep track of how you are feeling. If you think that something may be wrong, don't hesitate,
don't go to sleep hoping you'll feel better on your own, **GO AND SEE A PHYSICIAN NOW.**

*A HEAD INJURY CAN ALSO OCCUR FROM A BLOW TO THE BODY THAT CAUSES THE HEAD TO MOVE RAPIDLY BACK AND FORTH.

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Information provided here was developed using the CDC guidelines (www.cdc.gov/concussion/signs_symptoms.html) and in collaboration with medical advisors to the film