

PROTECT YOUR STRONGEST WEAPON

Concussion

Know the symptoms

H

Headaches
and/or Vomiting



E

Ears Ringing



A

Amnesia, Altered/
Loss of Consciousness



D

Double Vision
and/or Dizziness



S

Something Feels
Wrong or Is Not Right



MHS

Military Health System

health.mil

If you or a buddy experiences symptoms
of a **CONCUSSION**, get checked out.