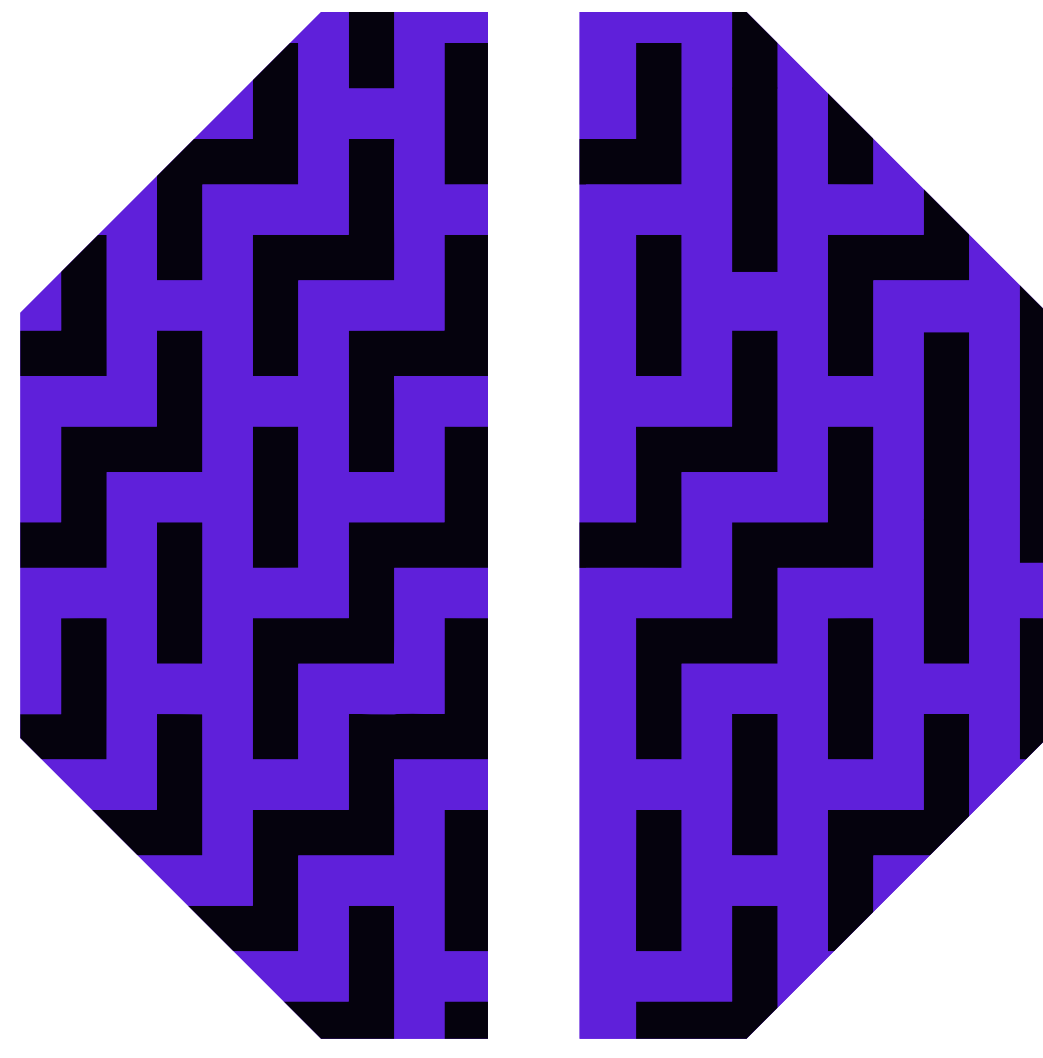
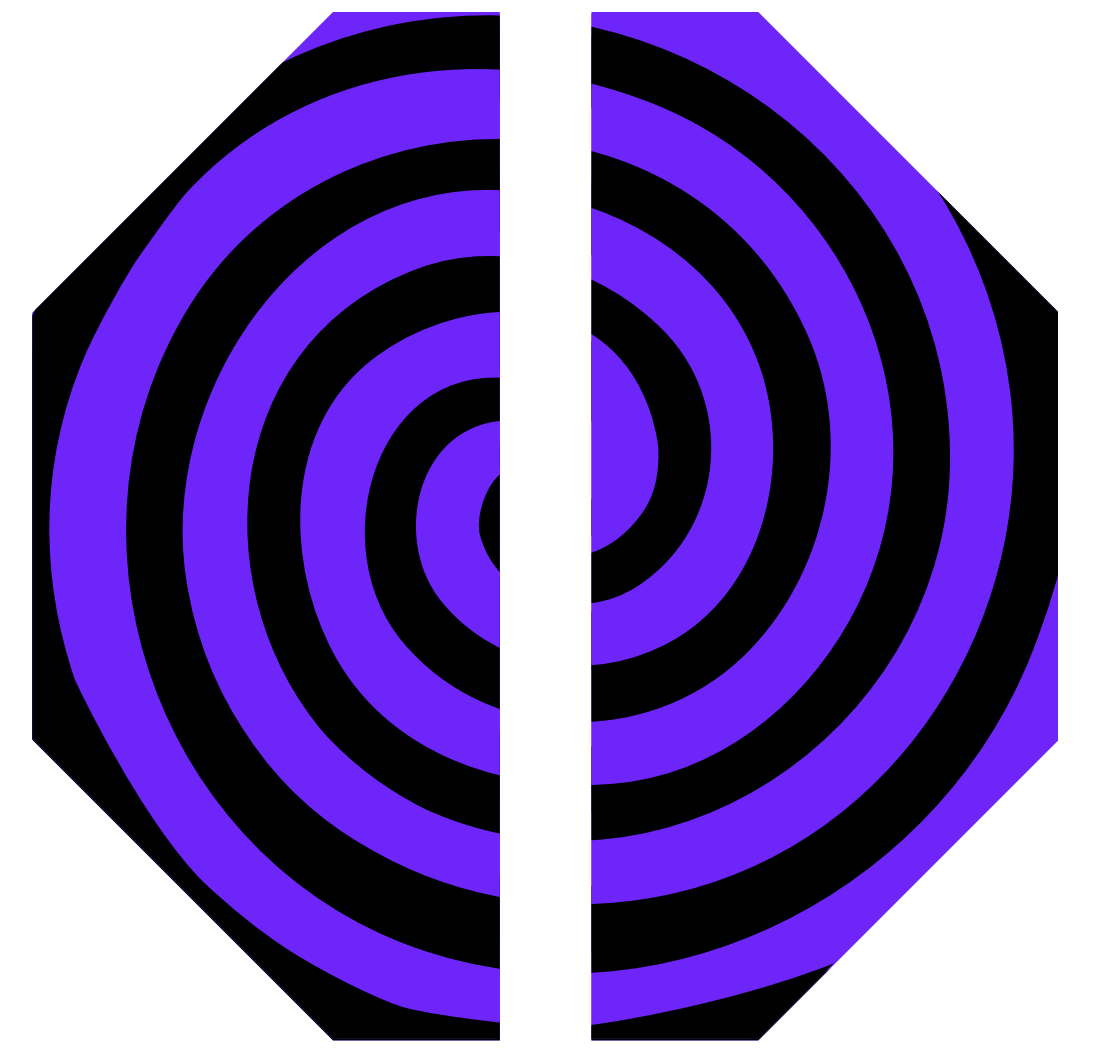


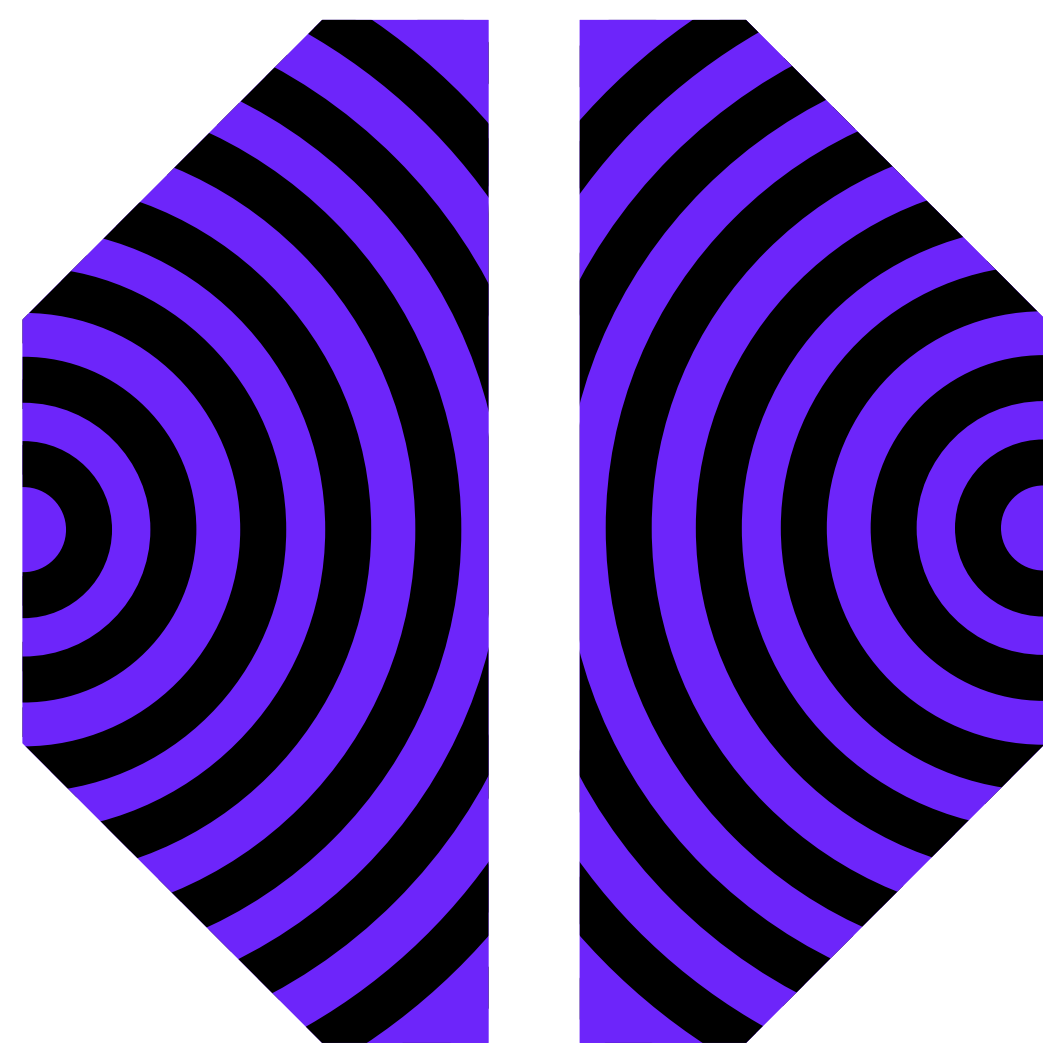
# EARLY SIGNS OF CONCUSSION



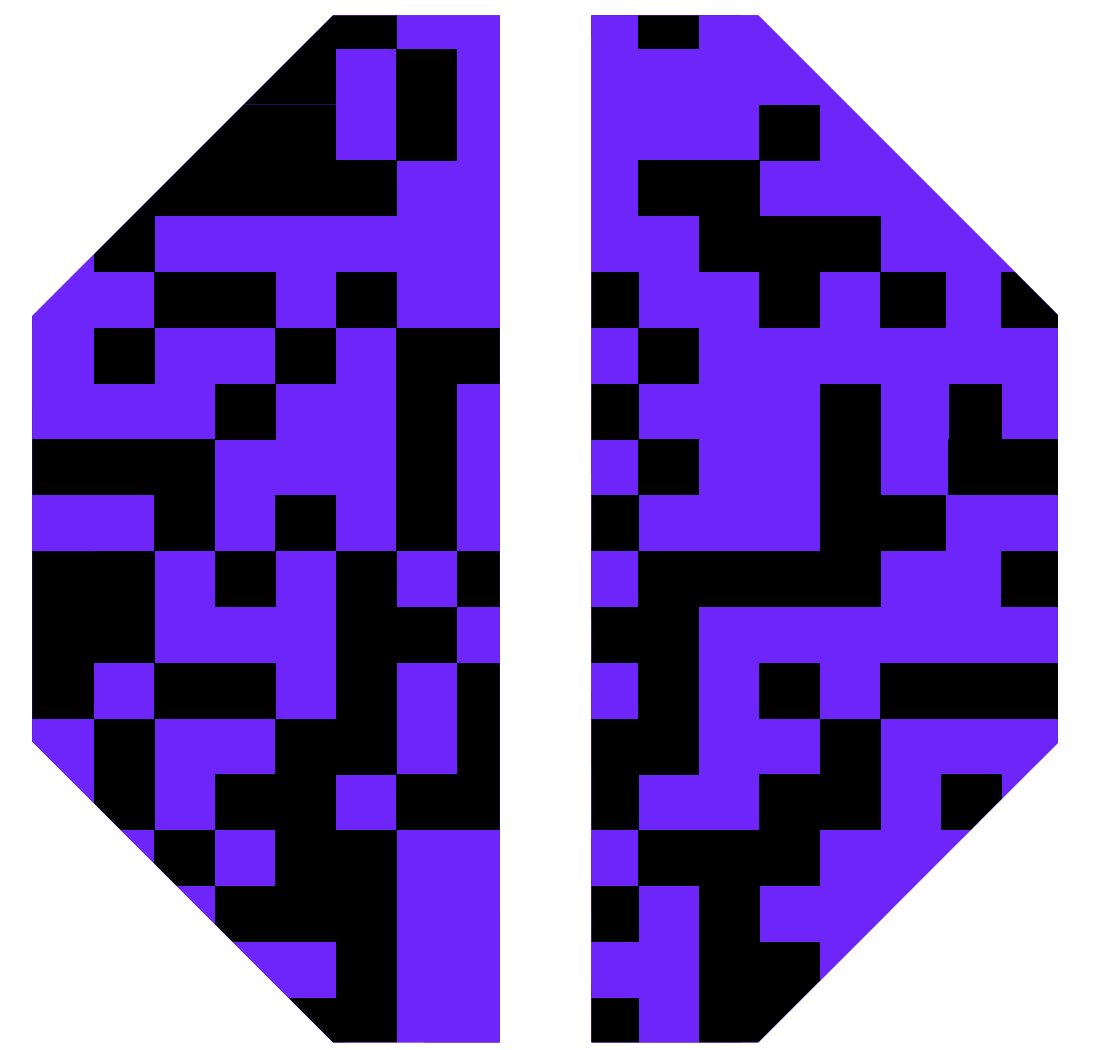
**HEADACHE**



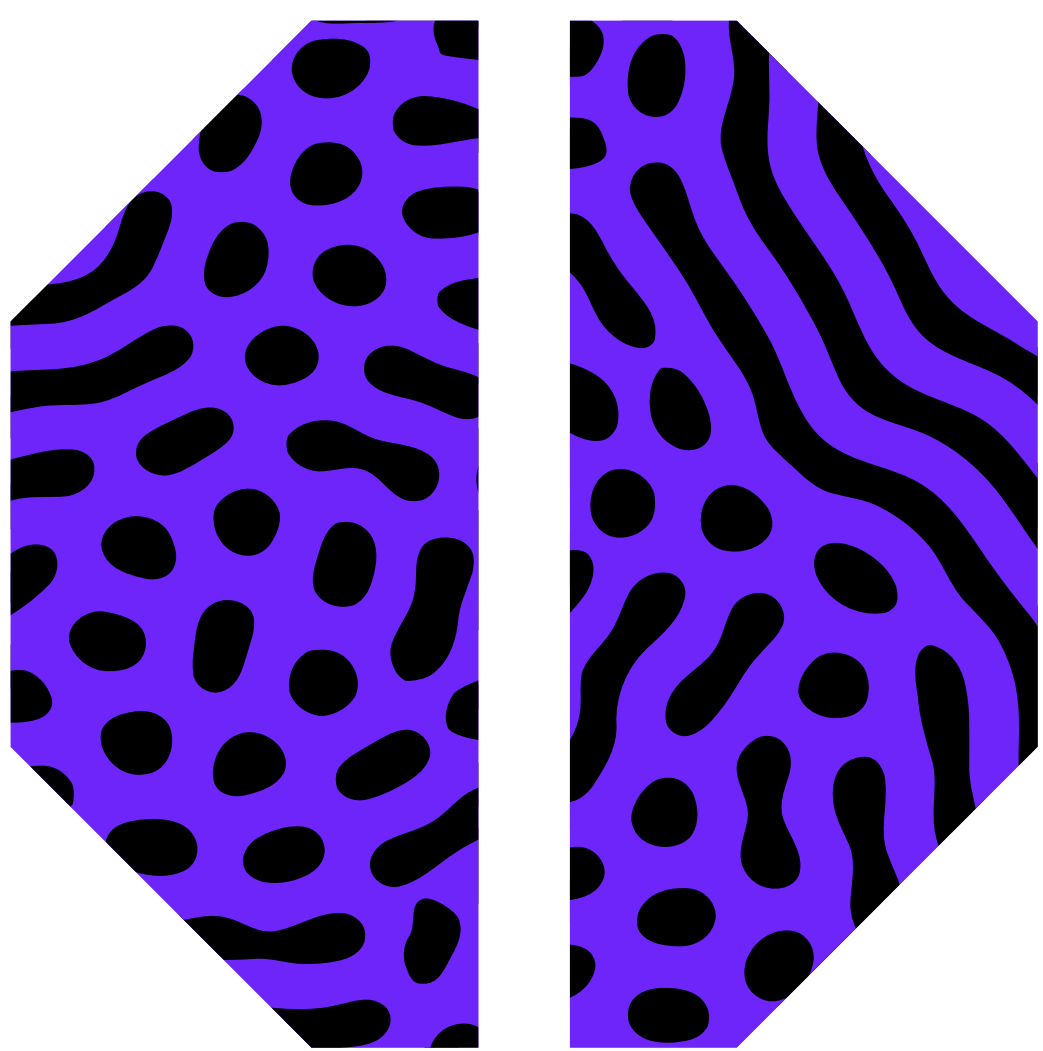
**DIZZINESS**



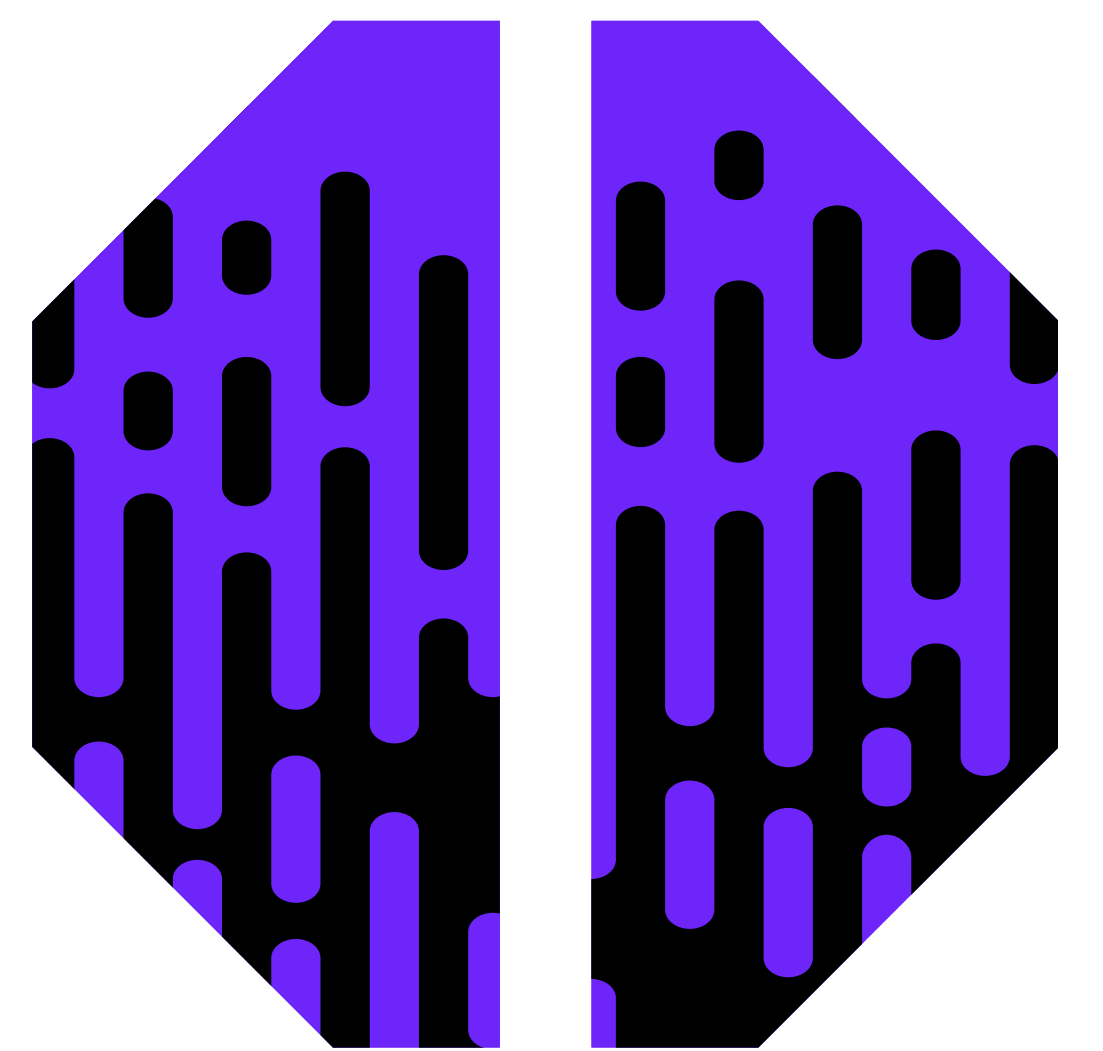
**RINGING IN THE EARS**



**MEMORY LOSS**



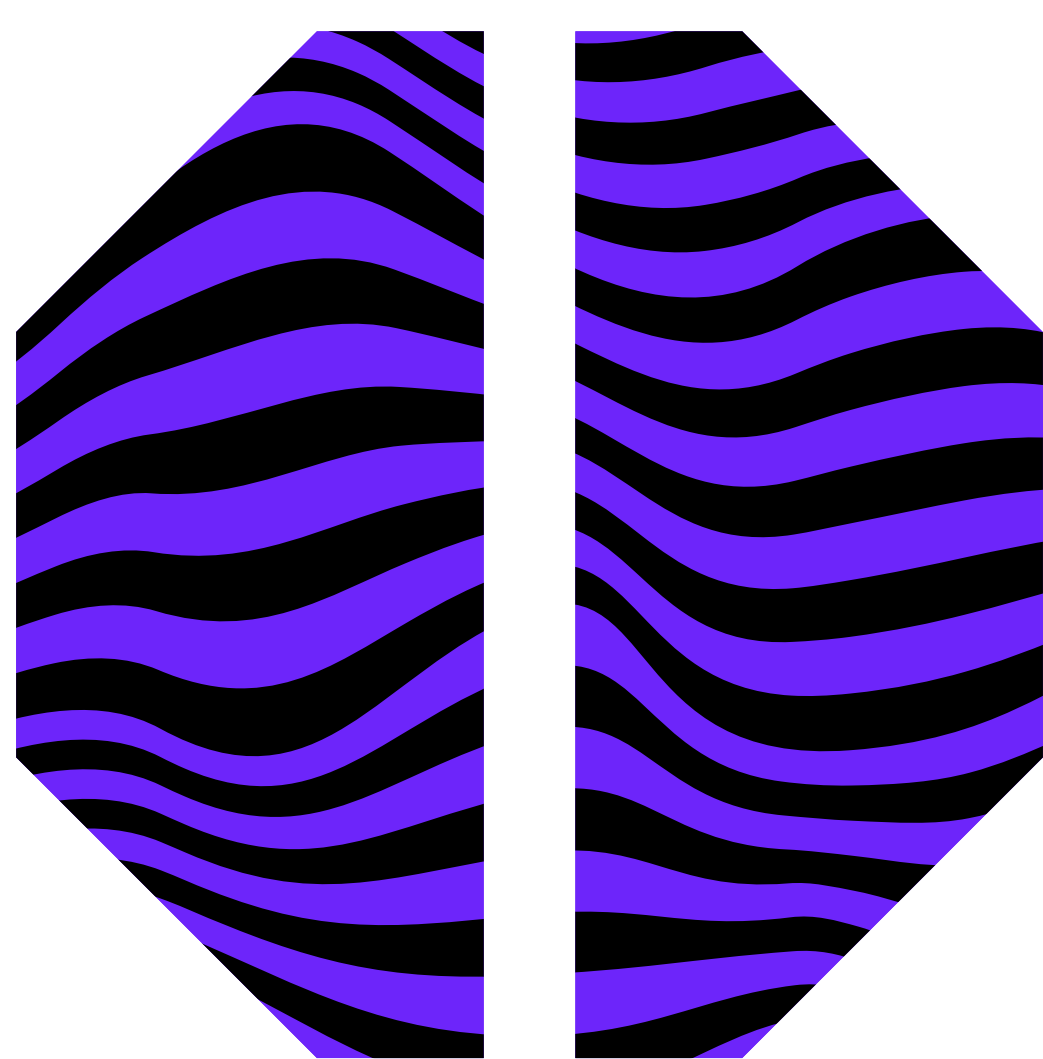
**NAUSEA**



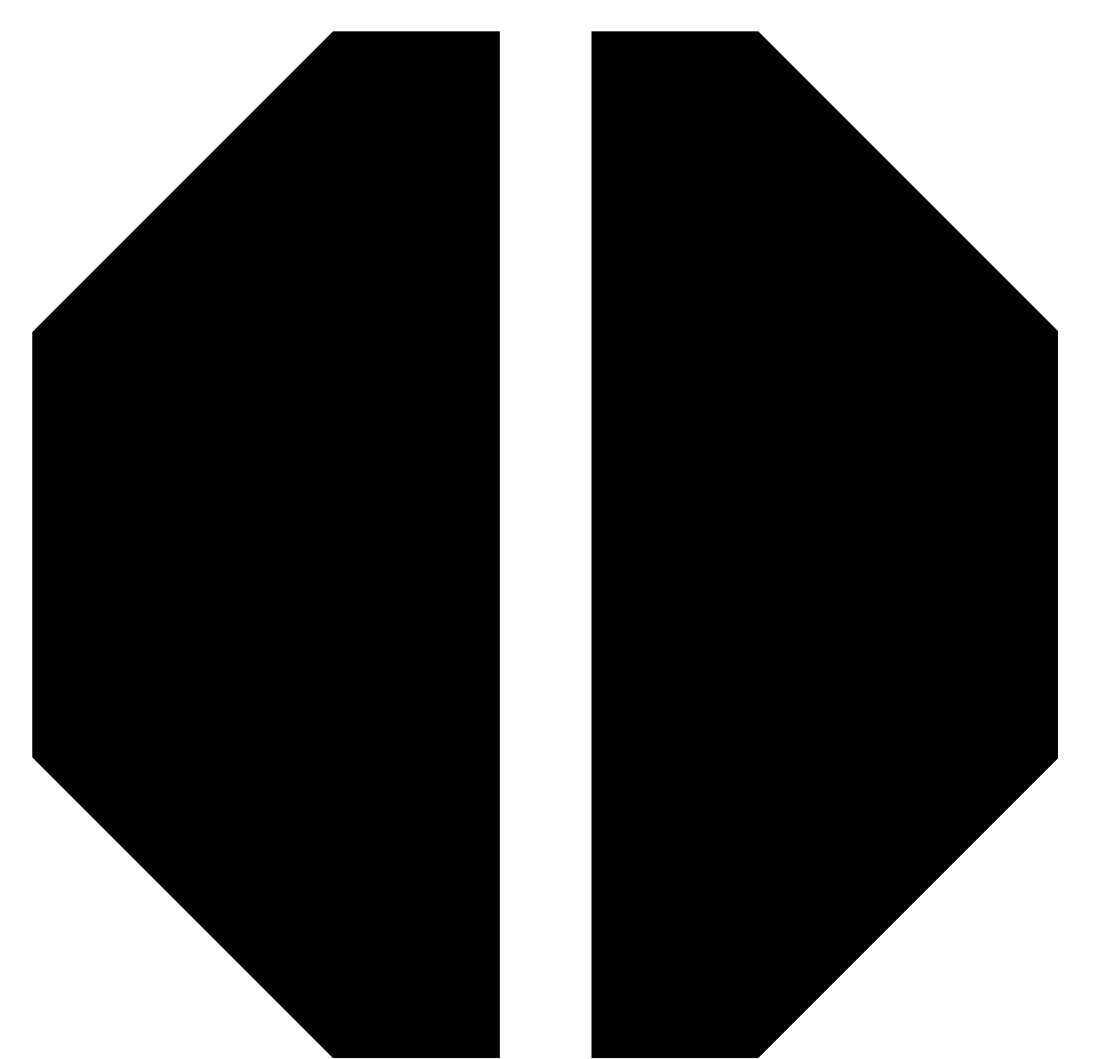
**LIGHT SENSITIVITY**

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

[ontario.ca/concussions](https://ontario.ca/concussions)



**DROWSINESS**



**DEPRESSION**