

**IF I FALL AND / OR BUMP MY HEAD
I COULD HAVE A CONCUSSION**

**WATCH ME CLOSELY AND
GET ME TO A HOSPITAL IF I
SHOW THESE SYMPTOMS:**

- Unsteady walking, loss of balance
- Irritability/difficult to console
- Changes in eating and/or sleeping
- Tiring more easily
- Sensitivity to light and/or noise
- Visual problems
- Headache or rubbing of the head
- Nausea and vomiting

Visit us here for more information
www.healthunit.com/concussions

child Middlesex
safety London