



“It’s ok to say  
you’re not ok.”

“If in doubt,  
sit it out.”

If you or a fellow athlete experiences the following symptoms, you should get checked out by a doctor:

- > loss of consciousness
- > seizure or convulsion
- > balance problems
- > nausea or vomiting
- > behavioural changes, not themselves
- > headache or neck pain
- > confusion, memory impairment
- > blurred vision

For more information please visit [www.concussioninsport.gov.au](http://www.concussioninsport.gov.au)