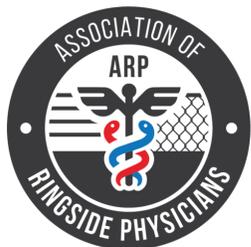
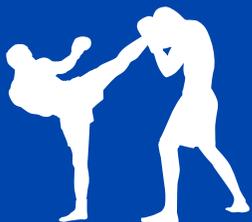


Recognizing Concussions

Common signs and symptoms of concussions



What to look out for:



IT'S CRUCIAL TO UNDERSTAND YOUR FIGHTER AND DETECT ANY UNUSUAL SIGNS OR SYMPTOMS OF A CONCUSSION AFTER EXPERIENCING A SIGNIFICANT HEAD IMPACT OR LOSS OF CONSCIOUSNESS.

GENERAL SIGNS & SYMPTOMS

- Increased agitation
- Inability to focus.
- Heightened sensitivity to noise or lights
- Blurred vision or difficulty tracking
- Changes in personality (increased agitation, slurred speech or abnormal emotions)
- Nausea or vomiting
- Fatigue
- Confusion
- Inability to focus.
- Heightened sensitivity to noise or lights
- Headache or feeling of “pressure” inside their head.
- Memory loss
- Appeared “Dazed” or having delayed responses to questions.
- Double vision
- Ringing in the ears
- Be aware of any delayed symptoms that may occur post-fight.

WHAT YOU SHOULD DO IF YOU ARE HAVING OR RECOGNIZE ANY OF THESE SIGNS OR SYMPTOMS:

- Alert medical staff at event (i.e. Ringside Physician, EMT, or Paramedic)
- Advise inspector or other staff at event.
- Call 911
- Seek medical assistance for any delayed symptoms that may arise post-fight

