

# 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](http://health.mil)

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