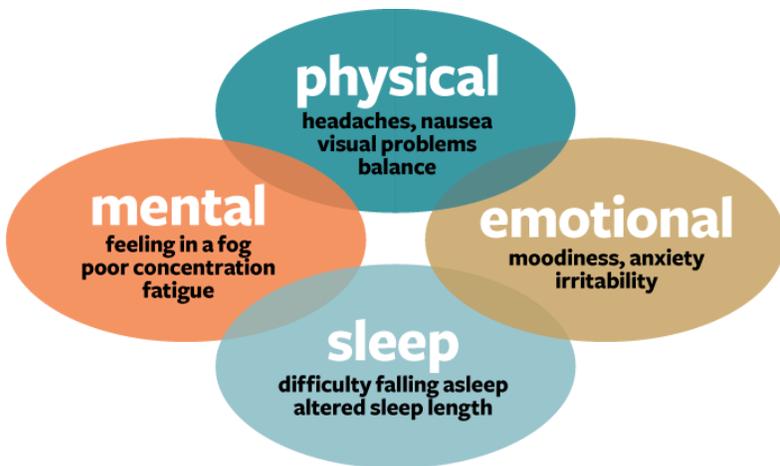


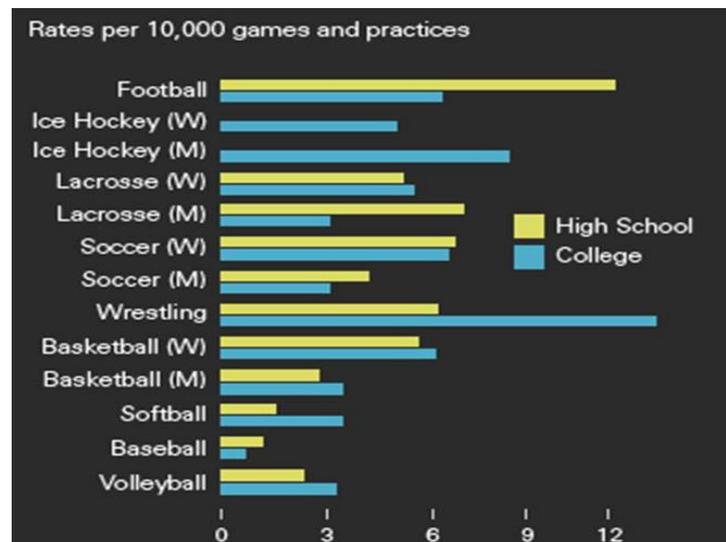
# HORNET HEALTHY LIVING: VOLUME 14

**National Concussion Awareness**  
 1.6-3.6 million traumatic brain injuries  
 occur in the US each year

## Know the Signs & Symptoms



## Know your risk in Sports



## Know how to Recover



## Know the Truth

MYTH	FACT
Most concussions occur in sports	Motor vehicle crashes and falls are the most common causes
You should play through the pain-get back in the game!	Returning to activities where there is increased chance of head injury before completely recovering can increase re-injury risk, and cause more severe or prolonged symptoms
If there is no visible injury, everything is okay	Concussion can cause problems in school, work and social activities