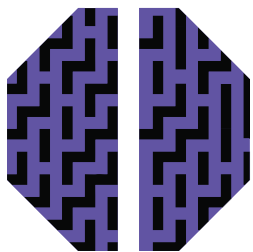
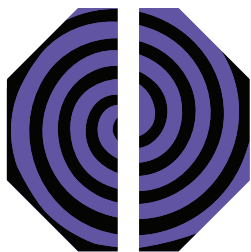


HIT. STOP. SIT.

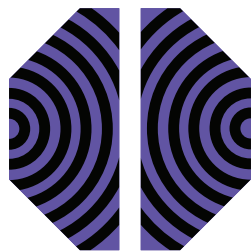
KNOW THE SIGNS OF A CONCUSSION.



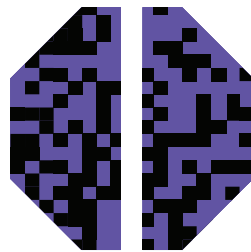
HEADACHE



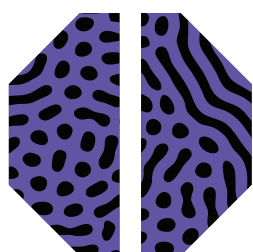
DIZZINESS



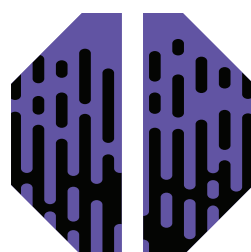
RINGING IN
THE EARS



MEMORY
LOSS



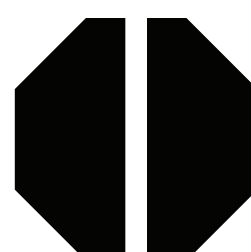
NAUSEA



LIGHT
SENSITIVITY



DROWSINESS



DEPRESSION

If you're experiencing even one of these symptoms, stop playing, sit out and find help.

Don't hide it, SPEAK UP and get help.

- Help prevent concussions.
- Help those affected get help.
- Increase awareness.

Spread the word about #RowansLawDay.

For more information visit:
ocdsb.ca/ConcussionManagement



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