

# As a derby girl, you're no stranger to falling. But did you know that concussions can happen even without a direct head impact?

Taking a hard fall causes your brain to hit the side of your skull which can cause a concussion. While helmets help prevent other types of brain injuries, they do nothing to prevent concussions.

Luckily, concussions are treatable and there are some things you can do now to make sure you're prepared in case it ever happens to you:

## Know the concussion signs and symptoms.

### SIGNS OBSERVED

- Show behavior or personality change
- Lose consciousness, even briefly
- Are confused about assignment
- Appear to be dazed or stunned
- Forget events prior injury
- Forget event after injury
- Answer questions slowly
- Move clumsily

### SYMPTOMS REPORTED

- Problems with concentration/memory
- Dizziness or lightheadedness
- Sensitivity to light or noise
- Change in sleep pattern
- Double or fuzzy vision
- Feeling "foggy"
- Headache
- Nausea

## Take a concussion baseline test.

ImPACT baseline testing is an online test completed from home. It measures your pre-injury "normal" cognitive function that doctors can reference should you ever get a head injury.

Take one for just \$10 using promo code [DERBY](#).

## Seek out immediate care.

If you get a suspected concussion it's critical that you seek out specialized care immediately. Find an ImPACT-trained provider who can administer a post-injury test and compare results to your own baseline. This will help them create a more personalized treatment plan.



[BaselineTesting.com](http://BaselineTesting.com)