



# What's Your Concussion IQ?

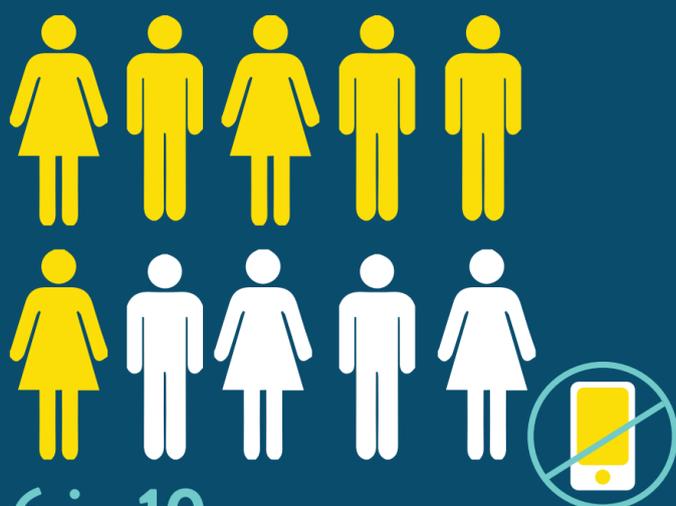
## The Concussion Knowledge Gap

ABBOTT AND KRC RESEARCH SURVEYED MORE THAN 1,000 ADULTS IN THE U.S. TO FIND OUT IF THEY ARE CONCUSSION - SAVVY.

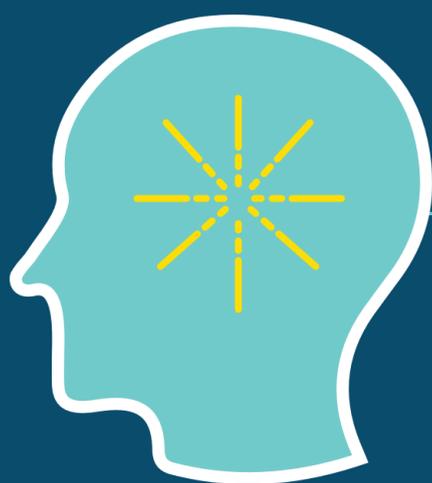
### BY THE NUMBERS:

MORE THAN  
**80%**  
cannot identify the most common signs and symptoms of concussion

MORE THAN  
**50%**  
people believe that a person MUST lose consciousness



**6 in 10** don't understand that treating a concussion with rest may mean limiting time spent on cell phones, watching TV and other activities that worsen symptoms.



**83%**

don't realize that getting a good night's sleep is usually recommended.



**81%**

Only 81% of parents insist children always wear a helmet riding a bike or playing sports and even worse only 62% wear one themselves.

**62%**



### KEEP YOURSELF IN MIND

**67%**

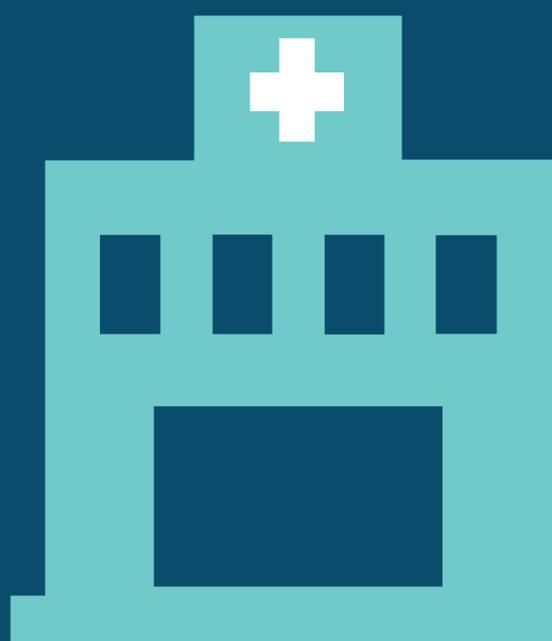
of parents would not send their child to school after a hard hit to the head, but over half would still go to work themselves.



### ADULTS ARE

**5X**

more likely to seek medical attention for a broken bone compared to if they thought they had a concussion.



**11%**

said they would go to the emergency room if they thought they had a concussion.

### What You Should Know



TREATING A CONCUSSION CAN INCLUDE BOTH PHYSICAL AND MENTAL REST

**RECOGNIZING THE SYMPTOMS IS VITAL TO ENSURING A PERSON GETS PROPER EVALUATION AND MEDICAL TREATMENT.**

Although they can vary, common signs of concussion can include dizziness, blurred vision, balance problems, nausea, vomiting, fatigue and increased anxiety or irritability.

Doctors often recommend sleep, rest and avoiding activities that strain the brain or worsen symptoms.



TO LEARN MORE ABOUT CONCUSSION, PLEASE VISIT [WWW.ABBOTT.COM](http://WWW.ABBOTT.COM)

Abbott and KRC Research conducted an online survey among a nationally representative sample of n=1,019 adults in the U.S. over the age of 18. The research was fielded from June 4-7, 2015.

**Abbott**