



SEVEN things YOU SHOULD KNOW

— ABOUT —

CONCUSSIONS

1. Concussion is a brain injury caused by a blow to the head, neck or body.
2. A child's brain is still developing and requires a unique approach to care.
3. Concussions can occur with or without loss of consciousness.
4. Concussion symptoms can be physical, cognitive, emotional and behavioural; and can occur immediately or take hours to appear.
5. Most concussions resolve quickly, however 30% of people have symptoms that lasts longer than 4 weeks.
6. Being treated by a doctor or nurse practitioner is required if any sign or symptom is present
7. It's essential for optimal recovery to rest your mind and body.

Important Reminder! Inform School of concussions received outside of school



PHYSICAL

- Nausea
- Headaches
- Vision problems
- Balance problems/dizziness
- Fatigue
- Sensitivity to light or noise



EMOTIONAL

- Irritable
- Nervous/anxious
- Depressed
- Anger
- Sadness



COGNITIVE

- Difficulty concentrating
- Difficulty remembering
- Slowed down
- Dazed



SLEEP

- Sleeps more/less than usual
- Drowsy
- Difficulty falling/staying asleep



Want more information? Visit <http://bit.ly/HCDSCConcussion> and https://youtu.be/_55YmbIG9YM