

CONCUSSION FACTS FOR PARENTS

What is a Concussion?

A concussion is a brain injury that causes changes to how the brain functions. It can affect the way the child thinks and remembers things for a period of time. A concussion can't be seen on x-rays, CT scans, or MRIs. You **do not NEED** to lose consciousness (be knocked out) to have a concussion.

If your child has a suspected concussion, they will need to be watched closely by an adult for **24 to 48 hours**.

A concussion is a brain injury and must be taken seriously

Signs and Symptoms of a Concussion

Symptoms may occur right away, hours later or even the following day. Brains are unique, so symptoms can vary. If any of these symptoms are observed, please seek medical attention.

A concussion can affect a student's school performance. The signs and symptoms of a concussion often last for 7 to 10 days. Sometimes they last much longer. If your child has had a concussion before, it may take longer to heal.

Physical signs	Changes in behavior	Problems thinking	Trouble with sleep
Headache Nausea or vomiting Dizziness Changes in vision Loss of consciousness (passing out) Irritation from light Irritation from sounds Loss of balance Poor coordination Amnesia (forgetting things) Decreased ability to play	Irritability Sadness Anxiety Inappropriate emotions	Slowed reaction times Confusion Difficulty concentrating Difficulty remembering Feeling dazed or in a fog	Drowsiness Trouble falling asleep Sleeping more than usual Sleeping less than usual

When to See a Doctor

Seek medical attention **immediately**, if any of the following symptoms develop:

- Loss of consciousness even if briefly
- Increased drowsiness or cannot be awakened
- Headaches worsen or neck pain
- Persistent nausea or vomiting
- One pupil (in the eye) is larger than the other
- Blurred/double vision
- Slurred speech
- Difficulty hearing
- Short-term memory loss
- Loss of motor function (impaired balance, reaction time or walking)
- Mood change (irritability, agitation or aggression)
- Seizures or convulsions (shaking or twitching)
- Persistent confusion
- Disorientation (do not recognize people or places)
- Displays unusual behavior



Important Information

- Notify the school administration if your child has suffered from a concussion that **occurred outside school hours**.
- Please notify the school administration of the results of any medical visit.
- Children should return to sport only after they have returned to school full-time. It's important to see a doctor before returning to physical activity.

Recovering from a Concussion?

Physical and mental rest is very important after a concussion because it helps the brain recover. That means limiting:

- Exercising (i.e. running, play wrestling with family members or friends)
- Playing video games
- Reading
- Working on the computer
- Modified school work load may be required
- Watching TV or movies
- Screen time
- Listening to music
- Playing musical instruments
- Driving
- Texting

visit www.ontario.ca/concussions for more information

Percentage of Children who are Symptom Free in:

15 days = 25%
26 days = 50%
45 days = 75%
92 days = 90%

Ref: Can child/McMaster University



You are more likely to have a second concussion if you return to play while your brain is still recovering. Repeated concussion can cause symptoms to last longer and can even result in long term consequences.

