

**SO... YOU
HIT YOUR
HEAD!**



Concussion is brain injury.

You DO NOT have to lose consciousness to sustain a concussion.

Concussion is a serious medical condition – it is a change in brain chemistry within brain cells.

The change in brain chemistry impairs brain function.

The majority of concussions are resolved within 7 – 10 days, but that doesn't mean the person is recovered fully.

If not treated appropriately, concussion can result in lifelong problems.

After a concussion, existing symptoms can worsen, the person has a lower threshold for re-injury, and is more susceptible to more serious injury if they are concussed again before being fully recovered.

Even mild brain injury may result in lifelong disability.

Brain injury is the greatest killer and the greatest cause of disability under the age of 44, surpassing cancer, heart disease, diabetes and all other causes.

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C A N A D A



FOR MORE INFORMATION CONTACT

BrainTrust Canada Association

1-888-762-3233

braintrustcanada.com | protectyourhead.com

WHAT TO WATCH FOR...



- person appears dazed, stunned or confused
- answers questions slowly or with slurred speech
- complains of headache and/or nausea
- moves clumsily or has difficulty with balance
- experiences double or fuzzy vision
- has sensitivity to light or noise
- feels sluggish or “foggy”
- unable to concentrate or remember date, time or location

If ANY of these are reported, the person should be safely and immediately removed from their activity. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment.

What to do ...

The person should be monitored for at least 24 hours

A physician should be notified if any of the following symptoms appear or persist:

- disrupted sleep
- vision changes
- irritability
- ringing in the ears
- changes in mood
- hypersensitivity to noise or light
- fatigue
- memory problems
- depression
- personality changes
- changes in behavior

There is no grading system to assess the seriousness of concussion. Every injury should be considered serious.

- The person should receive professional medical attention from a physician.
- Do not leave the person alone – regular monitoring for deterioration is essential.
- Do not return to activity until symptom-free.
- Return to activity should be medically supervised and gradual.

WHEN IN DOUBT – SIT THEM OUT!