

Concussion Facts for Parents

A concussion is a brain injury and must be taken seriously

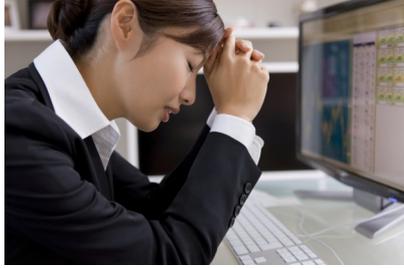


A concussion can affect a student's school performance. Notify the school administration if your child has suffered from a concussion that **occurred outside school hours.**

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 (passed 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**.



What are signs and symptoms of a concussion?

Symptoms may occur right away, hours later or even the following day. No two concussions are exactly the same. Brains are unique, so symptoms can vary. If any of these symptoms are observed, please seek medical attention.

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

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.

Please notify the school administration of the results of any medical visit.

When should a child go to a doctor?

Seek medical attention from the local emergency department **immediately**, if any of the following symptoms develop:

- 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
- Loss of motor function (impaired balance, reaction time or walking)
- Seizures or convulsions (shaking or twitching)
- Loss of consciousness even if briefly
- Increased drowsiness or cannot be awakened
- Mood change (irritability, agitation or aggression)
- Short-term memory loss
- Persistent confusion
- Disorientation (do not recognize people or places)
- Displays unusual behavior

Recovering from a concussion?

Only rest will help you heal from a concussion. That means limiting:

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

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

Children should return to sport only after they have returned to school full-time. It is important to see a doctor before returning to physical activity.

Percentage of children who are symptom free in:

15 days= 25%

26 days= 50%

45 days = 75%

92 days = 90%

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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.

For more information visit www.ontario.ca/concussions

