SEVEN things YOU SHOULD KNOW ABOUT

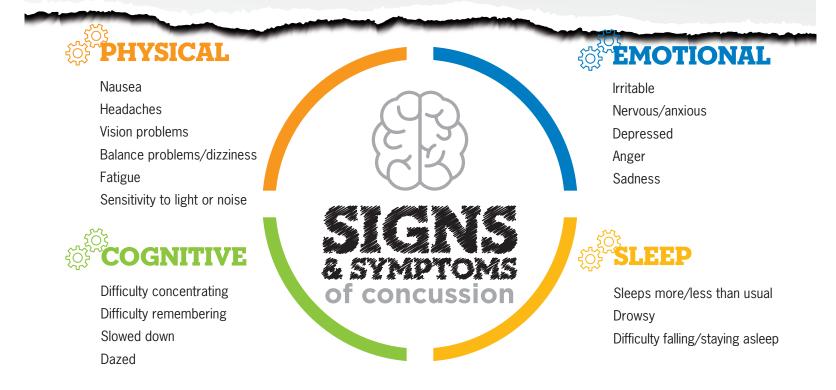
- 1. Concussion is a brain injury caused by a blow to the head, neck or body.
- 2. A child's brain is still developing and requires a unique approach to care.
- 3. Concussions can occur with or without loss of consciousness.
- 4. Concussion symptoms can be physical, cognitive, emotional and behavioural; 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.

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Important Reminder! Inform School of concussions received outside of school





Want more Infomation? Visit http://bit.ly/HCDSBConcussion and https://youtu.be/_55YmblG9YM