

# Concussion Fact Sheet For Parents

## WHAT IS A CONCUSSION?

A concussion is a brain injury that can be caused by a blow to the head, face, neck, or body that causes sudden jarring of the head. Even what seems to be a mild bump to the head can be serious.

## WHAT SHOULD YOU DO IF YOUR CHILD GETS A CONCUSSION?

Your child should immediately stop playing the sport, should not be left alone, and be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to immediately take your child to a hospital. Do not move your child until the paramedics arrive.

## SIGNS OF A PROBLEM, YOU MAY OBSERVE:

### Physical

- ! Blank stare/glassy eyed
- ! Loses consciousness (even briefly)
- ! Poor coordination or balance
- ! Slurred speech
- ! Vomiting

### Cognitive

- ! Easily distracted or poor concentration
- ! Memory loss
- ! Slow to answer questions or follow directions

### Emotional/Behavioural

- ! Changes in mood (e.g. laughing, crying, getting angry easily)
- ! General confusion

## HOW LONG WILL IT TAKE FOR MY CHILD TO GET BETTER?

The signs and symptoms of concussion often last for 7 to 10 days but may last much longer. In some cases, children may take many weeks or months to heal. Having had previous concussions may increase the chance that a child may take longer to heal. For more information, review the [Ready To Learn](#) document on our website that outlines the process of recovery.

## SYMPTOMS YOUR CHILD MAY FEEL:

- ! Balance problems, dizziness, or feels dazed
- ! Changes in sleep; sluggish, hazy, foggy, or groggy
- ! Confused or does not “feel right”
- ! Double, blurry, or loss of vision
- ! Feels “dinged” or stunned “having my bell rung”
- ! Headache or “pressure” in head
- ! Ringing in the ears
- ! Sees stars, flashing lights
- ! Stomach ache/pain/nausea, or vomiting

