

Concussion Fact Sheet For Students

SIGNS OF A PROBLEM, OBSERVED BY OTHERS:

Physical

- ! Loses consciousness/is “knocked out” (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

SYMPTOMS REPORTED BY STUDENT:

Physical

- ! Balance problems or dizziness
- ! Double or blurry vision
- ! Getting sick or throwing up
- ! Headache or “pressure” in head
- ! Sensitive to light or loud noises
- ! Stomach ache/pain/nausea or vomiting

Cognitive

- ! Can’t concentrate or does not remember
- ! Confusion

Emotional/Behavioural

- ! Does not “feel right”
- ! Feeling sluggish, hazy, foggy, or groggy

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by getting hit on your head. What might seem to be a little bump or blow to the head can be very serious.

WATCH OUT!

You can’t see a concussion. Signs of a concussion can show up right after the injury or they could appear a few days or weeks after the injury. If you or a friend has any of the signs and symptoms, immediately tell an adult so you or your friend can receive help.

HOW TO STAY SAFE:

Every exercise is different, but there are steps you can take to protect yourself from injury:

- ! Be aware of your surroundings
- ! Do not play in a way that could hurt another player
- ! Follow the rules of the sport or exercise
- ! Use the proper equipment, including personal protective equipment
- ! Learn about the prevention, management, and treatment of concussions
- ! Do neck strengthening exercises

