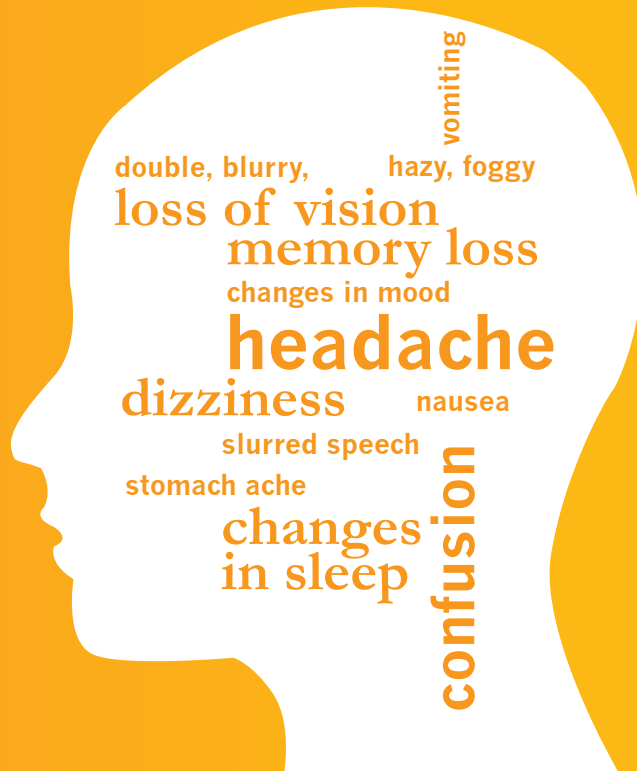


*Could your child  
have a concussion ?*

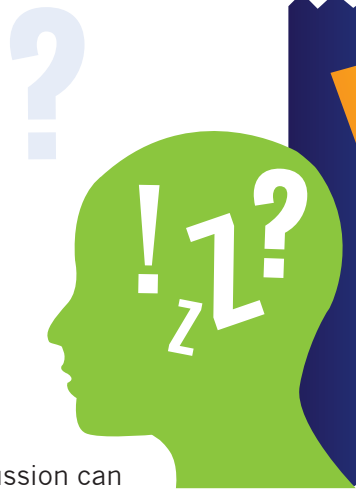


## What is a concussion?

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

## Why it's important to seek medical attention

Recent research shows that a concussion can have a significant impact on a child's cognitive and physical abilities. Activities that require concentration can actually cause a child's concussion symptoms to reappear or worsen. It is just as important to help students as they "return to learn" in the classroom as it is to help them "return to physical activity". Without identification and proper management, a concussion can result in permanent brain damage and in rare occasions, even death.



## What you as a parent need to know!

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 suspect your son or daughter may have a concussion, see a doctor right away.

The Ministry of Education, through PPM 158, requires all school boards to have a Concussion Protocol in place. For more information about the **HCDSB Concussion Protocol**, visit the Board's website at:

[www.hcdsb.org](http://www.hcdsb.org)

