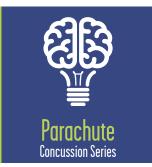
# CONCUSSION: THE BASICS



### What is a concussion?

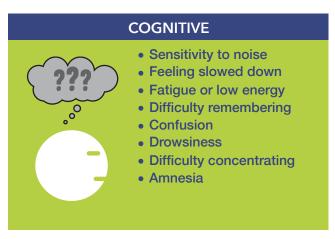
A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. Any blow to the head, face or neck, or a blow to the body that jars the head, could cause a concussion.

### What are the signs and symptoms of a concussion?

Signs and symptoms of a concussion can appear immediately or hours after the impact. Each person might experience concussion in a different way. It is typical to experience one or more of the following:

# PHYSICAL Dizziness Nausea or vomiting "Pressure in the head" Headache Balance problems Sensitivity to light Neck pain Seizure or convulsion Blurred vision Loss of consciousness









Parachute is Canada's leading national charity dedicated to injury prevention.



For concussion info on the go, download the app





### What should I do if I suspect a concussion?

In all suspected cases of concussion, the person should stop the activity right away. Continuing increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

Anyone with a suspected concussion should be checked out by a medical doctor.

If any red flag symptoms are present, get medical help immediately. If the person is unconscious, call an ambulance. Do not move the person or remove any equipment, such as a helmet, in case of a spine injury.

### **RED FLAGS**



- Person complains of neck pain
- Deteriorating conscious state
- Increasing confusion or irritability
- Severe or increasing headache
- · Repeated vomiting
- Unusual behaviour change
- Seizure or convulsion
- Double vision
- Weakness or tingling / burning in arms or legs



The symptoms of a concussion usually last one to four weeks, but may last longer. In some cases, it can take weeks or months to heal. If a person has had a concussion before, it may take them longer to heal the next time.

### How is a concussion treated?

Care for a concussion can involve a variety of treatments and a team of health professionals, depending on the symptoms and how a person's condition improves. Common recommendations would include rest in the early days, followed by a gradual return to activity under the supervision of a medical professional.

## Where can I get more information?

Parachute has resources to learn about concussion prevention, recognition, and management. Visit our website at <u>parachutecanada.org/concussion</u> or download the <u>Concussion Ed App</u> for information on the go.