

CONCUSSIONS

WHAT YOU NEED TO KNOW



A concussion is a brain injury that can't 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 your head, could cause a concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION



PHYSICAL

- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Balance problems
- Feeling tired or low energy
- Drowsiness
- "Don't feel right"



COGNITIVE

- Not thinking clearly
- Feeling slowed down
- Feeling like "in a fog"
- Problems concentrating
- Memory problems



EMOTIONAL

- Easily upset or angered
- Sadness
- Nervous or anxious
- Feeling more emotional



SLEEP-RELATED

- Sleeping more or less than usual
- Having a hard time falling asleep

WHAT TO DO IF YOU SUSPECT A CONCUSSION

In all suspected cases of concussion, the person should stop the activity right away. Continuing will increase 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.

RED FLAGS

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Deteriorating conscious state
- Vomiting more than once
- Increasingly restless, agitated or combative
- Growing confusion

If any red flag symptoms are present, call an ambulance right away. These may be signs of a more serious injury.

CONCUSSION TREATMENT

General recommendations for concussion recovery include a short period of rest, followed by a gradual return to activity under the supervision of a medical professional. Caring 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.

CONCUSSION HEALING TIME VARIES

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.