

Concussion

Signs & Symptoms



A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head.

Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

It is extremely important to seek medical attention immediately if signs or symptoms of a concussion are present.

No two concussions are exactly the same. Brains are unique, so signs and symptoms can vary.

When in Doubt, Sit Them Out!

Recovering from a Concussion?

**Only rest will heal a concussion.
That means limiting:**



Rest is very important after a concussion because it helps the brain heal.

Anyone with a suspected concussion should not return to school, work or play until he or she has seen a medical doctor or nurse practitioner.

If not treated appropriately, a concussion can result in lifelong problems. For a successful recovery follow a medically supervised program.

Notify the school if your student has a concussion

For more information on concussion and injury prevention please visit:

www.ontario.ca/concussions

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Waterloo Catholic
District School Board