

Concussion Tip Sheet

Any blow to the head, face or neck, or a blow to the body that jars the head, could cause a concussion (i.e. a ball to the head, being checked into the boards in hockey).

The brain is important because it is where information is processed and stored. The brain is protected in the skull, which is made up of thick bone. A brain injury can occur when the brain bumps into the sides of the skull. A concussion is harder to diagnose than a broken bone. It is important to recognize the symptoms of a concussion and stop and REST! Avoid activities that are physically and /or mentally demanding.

What to do if you have a concussion? S-T-A-R

Stop playing

Tell an adult

Get Assessed

Rest!

How to get better? REST! An initial period of 24-48 hours of rest is recommended before starting the return-to-school and /or return-to-sport strategy stages as recommended by a doctor /healthcare practitioner.

What are the signs and symptoms of a concussion?

Symptoms of a concussion can appear immediately or a few days after the impact. Concussions can appear as a variety of symptoms, and each person might experience concussion in a different way. It is typical to experience one or more of the following symptoms:

- Headache
- Dizziness
- Tired (low energy)
- Being confused
- Find it hard to focus/ concentrate

- Sadness
- Moody, grumpy (irritable)
- Nervous or anxious

Scrambled Brains Activity

This activity will explore some of the key symptoms associated with concussions. The teacher will have students randomly pick out a symptom card from a bag (prepared cards Intro Concussions- B from below curriculum). A student who selects a card from the bag will act out their symptom and the rest of the class will need to guess what the symptom is. The teacher will then confirm what the symptom is and elaborate if needed. Find activity details and symptom cards in the TD ThinkFirst For Kids Concussion Module (Kindergarten – Grade 3) at the below link (copy and paste into web browser).

<http://www.parachutecanada.org/downloads/programs/TDTFFK-Concussion-Intro.pdf>