



ALBERTA CONCUSSION AWARENESS DAY

SEPTEMBER 28, 2022

WHAT IS A CONCUSSION?

- A concussion is a type of brain injury.
- Any blow to the head, face, or neck, or a blow to the body that jars a person's head can cause a concussion.

Common signs of concussion:



Dizziness



Nausea



Headaches



Light Sensitivity



Confusion

PREVENTION & AWARENESS



BUCKLE UP- your seat belt and helmet everytime.



WEAR THE GEAR- always wear the appropriate protective gear including the right shoes to prevent falls and a properly fitted helmet.



SEEK HELP- If you or someone you know needs help, tell a trusted adult like a teacher, coach, parent or caregiver.



GET TRAINED- follow the rules. This will help to keep you, other participants and observers injury free.

READY TO LEARN MORE?

VISIT
WWW.SPORTMED.AB.CA/ACA
OR SCAN THE QR CODE



#AlbertaConcussionAwareness

#SpeakUpAboutConcussions

#TakeConcussionsSeriously