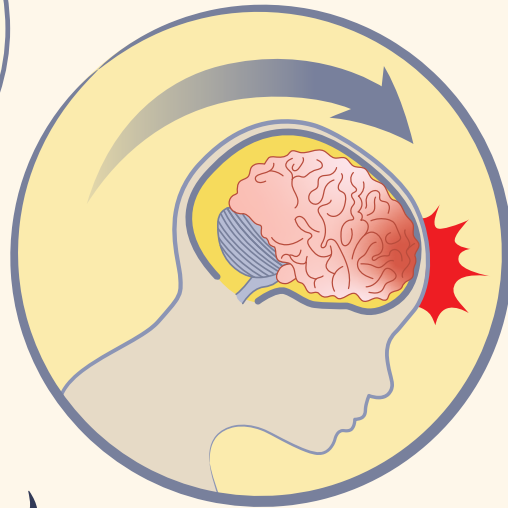


CONCUSSION safety

A concussion is a type of brain injury. It cannot be detected by an x-ray or MRI. It can affect the way a person may think and feel.

Any blow to the head, face, or neck, or a blow to the body that jars your head, could cause a concussion.



3 MAIN CAUSES:

falls



vehicle crashes



sport activities



If you think that a person has a concussion, make sure they stop the activity right away. The person should be checked out by a doctor.



SIGNS & SYMPTOMS*



Nausea or vomiting

sleep issues



Trouble falling asleep

physical



Tired



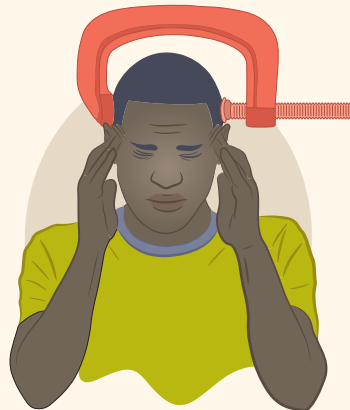
Dizziness



Sensitivity to light or noise



Sleeping more than usual



Pressure in the head



Headache



Loss of consciousness



Sleeping less than usual

*A person with a concussion can have one or more of these signs and symptoms.

SIGNS & SYMPTOMS

emotional (feeling)

cognitive (thinking)



Difficulty concentrating



Being confused

Feeling like
"in a fog"



Difficulty remembering



Moody,
grumpy



"I don't feel like myself"



Sadness



Nervous or anxious

RED FLAG SYMPTOMS



Neck pain



Vomiting

Severe headache that keeps getting worse



Getting more and more confused



Seizures

If a person shows any
RED FLAG SYMPTOMS,

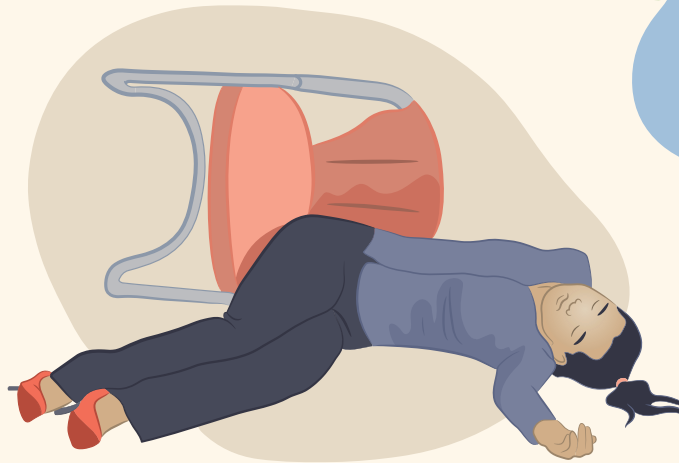
**CALL
911**

and get immediate
medical help.

RED FLAG SYMPTOMS



Increased restlessness, agitation or aggression



Loss of consciousness



Tingling or weakness in arms or legs



Double vision

If a person shows any
RED FLAG SYMPTOMS,
CALL 911
and get immediate medical help.

RECOVERY

for more INFORMATION



Usually it takes 2-4 weeks
to recover from a concussion.

People should not do any activities that may
make their symptoms worse. If they go back
to activities before they are ready, it may take
longer to feel better.

- Talk to your healthcare provider
- See CATTonline.com and parachute.ca/concussion



Funding provided, in whole or in part, by Alberta Health.
Provision of funding by Alberta Health does not signify that this
project represents the policies or views of Alberta Health.