

# 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\*

## physical



Tired



Dizziness



Sensitivity to light or noise



Pressure in the head



Headache



Loss of consciousness



Nausea or vomiting

## sleep issues



Trouble falling asleep



Sleeping more than usual



Sleeping less than usual

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

# SIGNS & SYMPTOMS\*

## cognitive (thinking)



Difficulty concentrating



Being confused

Feeling like  
“in a fog”



Difficulty remembering

## emotional (feeling)



Moody,  
grumpy



“I don’t feel like myself”



Sadness



Nervous or anxious

# RED FLAG SYMPTOMS

Severe headache that keeps getting worse



Neck pain



Vomiting



Seizures



Getting more and more confused

If a person shows any  
**RED FLAG SYMPTOMS,**

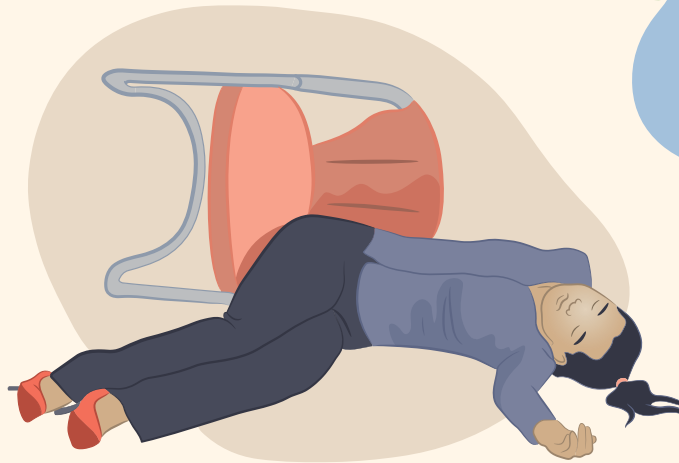
**CALL  
911**

and get immediate  
medical help.

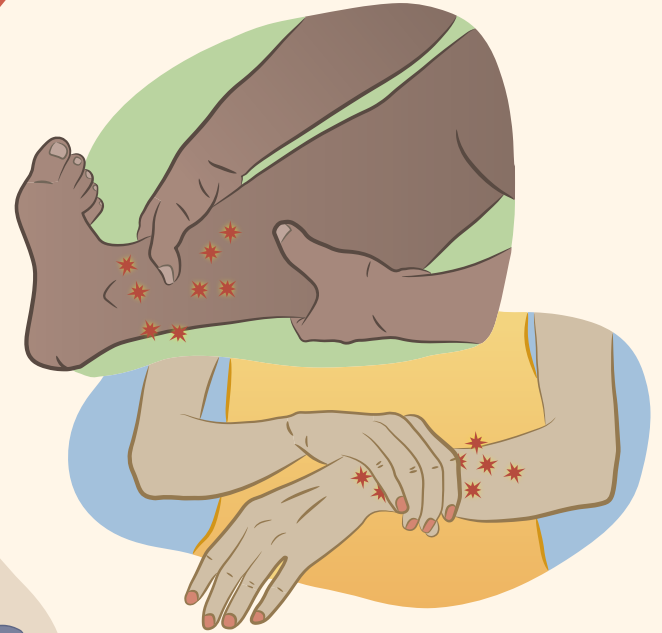
# RED FLAG SYMPTOMS



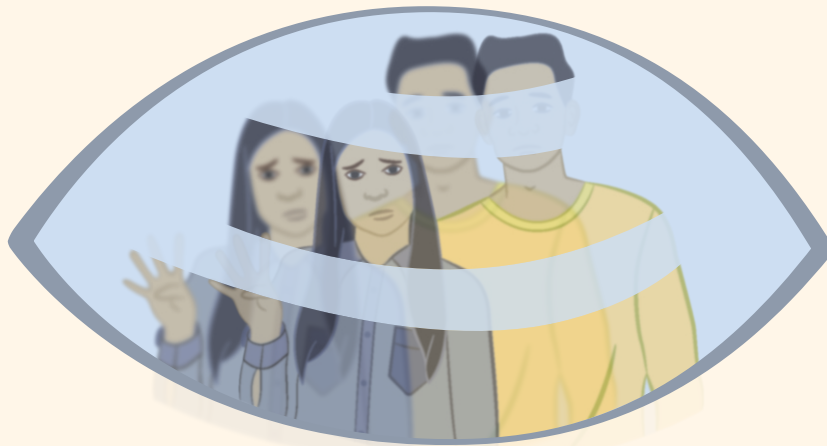
Increased restlessness, agitation or aggression



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



It usually 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 [CATonline.com](http://CATonline.com) and [parachute.ca/concussion](http://parachute.ca/concussion)



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