

HOW TO SPOT A CONCUSSION



A concussion occurs when the brain is jostled back and forth within the skull, usually caused by a blow or strike to the head, face and neck.

SIGNS & SYMPTOMS

Signs and symptoms can take hours or days to appear following the injury but it is important to stay vigilant for at least **24 hours** after the injury and seek medical help when experiencing the following symptoms:

- Headaches
- Slurred speech
- Confusion
- Delayed responses
- Dizziness
- Ringing in the ears
- Blurred vision
- Fatigue and irritability

RED FLAG SYMPTOMS



Severe headaches



Double vision



Neck pain



Repeated vomiting



● As well as...

- Weakness or tingling in arms or legs
- Unusual behaviour changes
- Seizures or convulsions



If you are experiencing any of these symptoms, it is critical to seek medical attention immediately.

SOURCES

Signs and symptoms of a concussion [Government of Canada] Retrieved on August 13, 2018.
<https://www.canada.ca/en/public-health/services/diseases/concussion-sign-symptoms.html>