

Be #ConcussionAware in the classroom

Concussion is a type of traumatic brain injury that may alter the way your child's brain functions. Despite the idea that concussion isn't serious, it can cause substantial difficulties or impairments that can last a lifetime. Remember, a child could still have a concussion even if they have not 'passed out' or had a loss of consciousness.



What are the facts

- Concussion is a brain injury
- All concussions should be taken seriously – it changes how the brain works
- Children can recover quickly BUT a concussion can lead to ongoing problems
- Concussions are caused by direct blows or bumps to the head
- They can be sport-related or through a fall or bump to the head in the playground
- Complications after concussion can include a blood clot in the brain and can be fatal

What to look for

For the following symptoms, seek medical help immediately:

- ⦿ **Cannot be wakened**
- ⦿ **Neck pain**
- ⦿ **Persistent vomiting**
- ⦿ **Slurred speech**
- ⦿ **Pupils unequal in size or blurred / double vision**
- ⦿ **Seizures**
- ⦿ **Memory loss**
- ⦿ **Change in behaviour**

Other symptoms include:

- Feeling dazed
- Headache
- Nausea vomiting
- Poor balance / dizziness
- Visual problems
- Sensitivity to light and noise
- Difficulty concentrating / remembering
- Irritability / sadness / nervousness

What to do

- 1 Remove them from play
- 2 Get child assessed by a GP or medic
- 3 Ensure they rest and take some time away from physical activities such as sports and playing, as well as cognitive activities such as school work or reading to allow for recovery
- 4 When symptoms completely resolve, the child should be seen by their GP or medic before they return to play

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