

**SO... YOU
HIT YOUR
HEAD!**



Concussion is brain injury.

You DO NOT have to lose consciousness to sustain a concussion.

Concussion is a serious medical condition – it is a change in brain chemistry within brain cells.

The change in brain chemistry impairs brain function.

The majority of concussions are resolved within 7 – 10 days, but that doesn't mean the person is recovered fully.

If not treated appropriately, concussion can result in lifelong problems.

After a concussion, existing symptoms can worsen, the person has a lower threshold for re-injury, and is more susceptible to more serious injury if they are concussed again before being fully recovered.

Even mild brain injury may result in lifelong disability.

Brain injury is the greatest killer and the greatest cause of disability under the age of 44, surpassing cancer, heart disease, diabetes and all other causes.

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C A N A D A



FOR MORE INFORMATION CONTACT

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