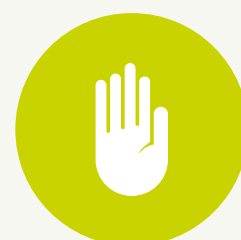




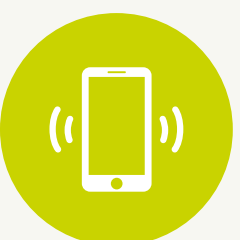
A worrisome hit to the head for a young child?

- 

Remove the child from the activity
Unless they are unconscious. In this case: never move the child, unless to clear their airway

Never remove their helmet, unless someone is trained to do so
- 

Do not leave the child on their own (for at least 3 hours)
- 

Observe the red flags and the symptoms
- 

Quickly inform parents



Red flags

If at least one red flag is present: **Immediate medical assessment at the emergency (By ambulance if their health status is concerning)**

- ✓ Loss of consciousness
- ✓ Convulsions
- ✓ Confusion or deterioration of conscious state (ex: less reactive or very slow, drowsy, difficulty responding to standard question or recognizing people or places)
- ✓ Unusual behavior (ex: very agitated, combative or irritable, excessive crying)
- ✓ Difficulty moving around, balance difficulties, poor coordination or weakness in the arms or legs
- ✓ Severe or increasing headaches
- ✓ Vision problems
- ✓ Repeated vomiting
- ✓ Visibly deformed skull
- ✓ Intense neck pain
- ✓ Child hit by a motor vehicle
- ✓ Fall of more than:
0.9 m / 3 feet (child younger than 2 years old)
1,5 m / 5 feet (child 2 years or +)
- ✓ Head has been hit hard or by a fast moving object



Frequent symptoms

If there are no red flags present but you observe one or more possible symptoms of a concussion (even of short duration): **Medical assessment** (Ex: with a family doctor or at a walk-in clinic)

- ✓ Seems "elsewhere" or in a daze
- ✓ Thinks or moves more slowly
- ✓ Headaches (rubs or holds head, says they have a headache)
- ✓ Nausea (eats less than usual/has no appetite, says they feel nauseous or sick)
- ✓ Vomiting
- ✓ Fatigue or a decrease in energy
- ✓ Is irritable or grumpy
- ✓ Wants to be held
- ✓ Stays close to caregivers

You may also notice, immediately or in the following days:

- ✓ Disrupted sleep
- ✓ Nervousness, anxiety
- ✓ Concentration difficulties, distracted
- ✓ Sensitivity to sound or light
- ✓ Developmental regression ("taking a step back" in development)

 If the symptoms worsen in a concerning way: **Immediate medical evaluation at the emergency**



Lack of symptoms

If there are no red flags or symptoms present, remain vigilant nonetheless for **48 hours** regarding:

Observation to detect the appearance of any red flags or symptoms

Do not allow the child to participate in activities with a risk of contact, collision or falling

After 48 hours, return to regular activities