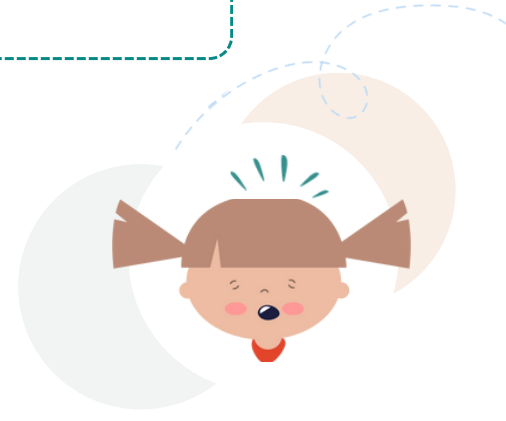




What is a concussion, and what should you do when a head injury occurs?

An invisible injury

A concussion is a brain injury that can occur following a **blow to the head, neck, or body**, caused by a fall or a collision, for example. Unlike bumps and bruises, which are clearly visible, a brain injury **does not necessarily leave physical marks**.



Nearly
500,000

Canadians receive a **concussion diagnosis** each year.



0-5 year olds at risk



Among children under 15 years, those aged 5 and under are at **the highest risk** of sustaining a concussion.



Giving a voice to young children

Concussions are not always easy to spot, mainly because young children may have **difficulty expressing their discomfort**. What is the best way to know what to do immediately after a blow to the head?

Observe the child's condition.

Identifying symptoms without racking your brain

By observing the presence or absence of signs and symptoms, you will know how to respond with confidence.



Red flags

Immediate medical assessment at the emergency

Examples: loss of consciousness, repeated vomiting, severe or worsening headache.



Frequent symptoms

Medical assessment (e.g. at a walk-in clinic)

Examples: nausea, fatigue, comfort seeking behaviours, seems "elsewhere" or in a daze.



Lack of symptoms

Observation for 48 hours

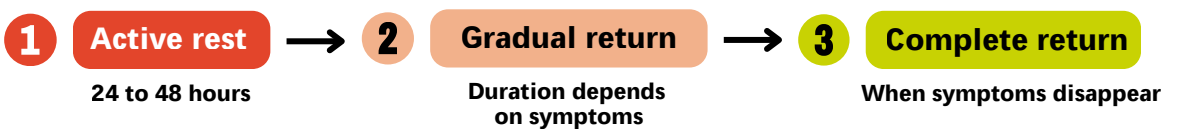
Avoid: activities that have a risk of collision, fall, or blow to the head.

✓ **The Early Childhood Detection Tool provides a comprehensive list of signs and symptoms to look for.**

What to do in the days or weeks following a concussion?

A gradual return to normal activities promotes recovery and well-being in children who have sustained a concussion. In most cases, symptoms gradually decrease after 2 weeks and disappear 1 month after the injury. In some cases, they may last longer.

The 3 recovery phases



Should a child remain inactive or stay in a dark room after a concussion?

✓ **The Early Childhood Recovery Tool suggests activities to do and avoid.**



!! No, that's a myth

A short period of active rest (light activities, e.g. coloring) is recommended before gradually resuming normal activities.



Tools and additional information are available free of charge at coco.umontreal.ca