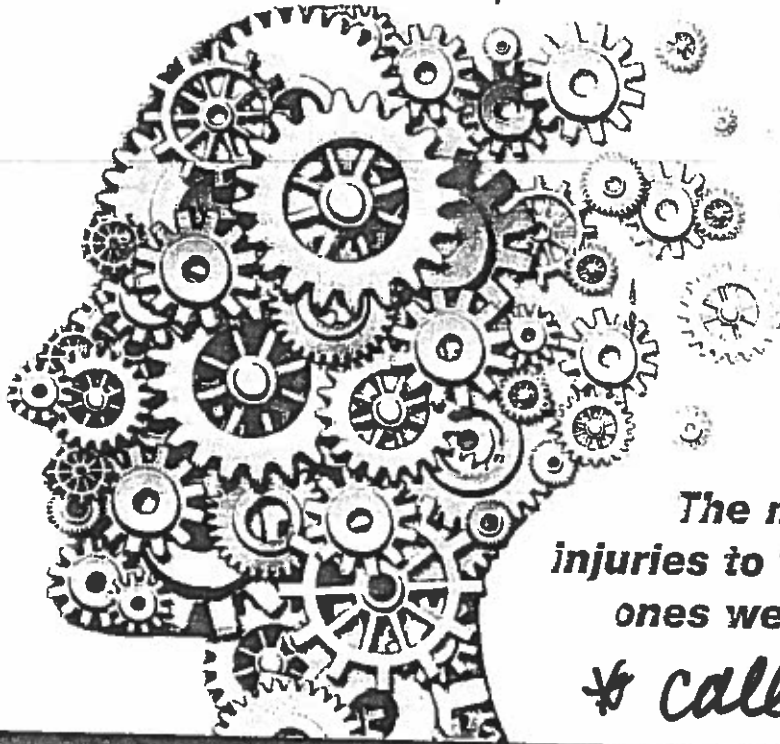


# Concussion Protocol

Information for parents and students



**Do you think you have a concussion?**

Don't hide it. Tell someone.

Seek medical attention.

Take time to recover.

All concussions are serious.

FOR  
YOUR RECORDS

*The most difficult  
injuries to treat are the  
ones we cannot see.*

*\* call home*



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## What is a concussion?

A concussion is a serious injury that changes the way the brain works. It can happen from a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A person can fall and hit their head on the ground, but a blow to the body could also result in a brain injury. It can happen at any time, even when not playing sports.

### Signs and symptoms

- Headaches or pressure in the head
- Nausea or vomiting
- Difficulty concentrating or remembering
- Dizziness or balance problems
- Loss of vision or blurry vision
- Confusion or changes in mood
- Sluggish, hazy or groggy behaviour
- Sensitivity to light or noise
- Slurred speech or memory loss
- Drowsiness

### If it happens outside of school

If you suspect a concussion has happened outside of school, or have a confirmed medical diagnosis of one, tell your school immediately. Together, we can develop a plan to monitor the injury and move past it. Regardless of where an injury happens, school staff, parents and doctors are all crucial to recovery.

## The facts can be surprising!

- active children have a higher risk of getting a concussion
- athletes who have had a concussion before are more likely to suffer another one
- concussions can have a serious impact on the way a child develops
- trying to concentrate can actually make a concussion worse
- symptoms may not appear right away and can last for weeks

## Time out periods and returning to learn

There are very specific steps to be followed by school staff, students and parents when concussions are involved. We move through detailed steps to assess the signs and symptoms when someone suspects an injury. A careful checklist shows us which steps to follow next. When a student is medically diagnosed, we document every stage of their time out periods, so that they can safely return to learn and return to physical activity.

The Ontario Ministry of Education requires all school boards to have a Concussion Protocol in place. For more information, visit [ocsb.ca/concussions](http://ocsb.ca/concussions)



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