

Concussion:



Myths

and



Facts



Wake person every 2 hours following a concussion.



Waking is not needed if a severe brain injury has been ruled out—check to see that they are comfortable and have normal breathing and skin colour.



Lie in a dark room and avoid all activity following a concussion.



After relative rest for the first two days following a concussion, start a gradual return-to-activity. This supports a timely recovery and good mental health. Adjust activities if symptoms get worse.



Concussions only happen during contact sports from a direct hit to the head.



A concussion can be caused by a jolt to the head, body, or neck that causes the brain to move within the skull. Common causes are falls, sports, and motor vehicle crashes.



You need to lose consciousness to sustain a concussion.



Fewer than 10% of concussions involve a loss of consciousness.



If you don't have any symptoms after the incident, you don't have a concussion.



Concussion symptoms can take up to 2 days to appear. Monitor for signs and symptoms during this time.



A CT or MRI scan can confirm whether you had a concussion.



A concussion does not show up on standard structural imaging scans.

Seek assessment from a qualified healthcare professional for concussion diagnosis and treatment.



Helmets prevent concussions.



Helmets reduce the risk of skull fracture and a more serious brain injury, not concussion.

Wear a helmet when engaging in activities that require it (e.g. biking, escootering, skiing/snowboarding)



It takes 2-3 days to recover from a concussion.



Most people recover from concussion within 2-4 weeks.

A qualified healthcare professional can help with the recovery process.



You don't have to slow down during concussion recovery.



Pushing through symptoms can prolong concussion recovery.

Follow a stepwise strategy to return to sport/work/school/activity.



Concussions do not impact mental health.



Anxiety and depression are common mental health challenges during concussion recovery.

Seek support from family, friends, and qualified healthcare professionals.



Visit cattonline.com to learn more about recognizing and managing concussions.

BC INJURY research and prevention unit



CONCUSSION AWARENESS TRAINING TOOL