

# CONCUSSION?

**DON'T HIDE IT,  
REPORT IT!**



**GET A  
DOCTOR TO  
CHECK IT OUT!**



**TAKE CARE OF  
YOUR BRAIN!**



**Find out what YOU need to know about  
concussions at [www.thinkfirst.ca](http://www.thinkfirst.ca)**

Check out our:

- Concussion Q and A
- Concussion Handouts for Parents, Players, Coaches & Teachers
- Return to Play Guidelines
- Sports and Rec Programs

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CANADA  
[thinkfirst.ca](http://thinkfirst.ca)

**thinkfirst.ca**  
**Before you Play & Return to Play!**

# CONCUSSION?



You **DON'T** have to lose consciousness to have a concussion.

**NEVER** Return to Play if you have concussion symptoms.

**FOLLOW** a doctor-supervised and step-wise Return to Play.

**Signs and Symptoms may include one or many of the following:**

- Blurred vision
- Balance problems
- Headaches
- Nausea or vomiting
- Dizziness
- Amnesia
- Loss of consciousness
- Seizure or convulsion
- "Pressure in the head"
- Neck pain
- Sensitivity to light
- Sensitivity to noise
- Feeling stunned or dazed
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- More emotional
- Irritable
- Sadness
- Nervous or anxious

**When a Player shows any signs or symptoms of a concussion:**

1. The player should be **removed from play immediately** and should not be allowed to return to the game or practice.
2. The player should not be left alone – regular **monitoring for worsening symptoms** is essential.
3. The player should be **medically evaluated** following the injury.
4. **Return to Play** must follow a **medically supervised step-wise process** – visit [www.thinkfirst.ca](http://www.thinkfirst.ca) for more details.

Anyone displaying these signs and symptoms or is suspected of having a concussion should **SEEK MEDICAL ATTENTION IMMEDIATELY!**

**WHEN IN DOUBT... SIT THEM OUT!**

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