

CONCUSSION: KNOW THE SYMPTOMS

A concussion or traumatic brain injury can be caused by a hit to the head or body.

*Ringling
in the ears*

IRRITABILITY
AND OTHER
PERSONALITY
CHANGES

Headache

Fatigue

Trouble
concentrating

Confusion

Vision, balance
or coordination
problems

**Sensitivity to
light or noise**

DIZZINESS, NAUSEA
OR VOMITING

*Memory
problems*

If you have any signs or symptoms of a **concussion**:

- Stop the activity and tell an adult
- Do not return to the game/activity
- Get checked by a medical doctor or nurse practitioner

Symptoms can last for days, weeks or even longer. Recovery can take up to 30 days. It can take longer if you are between five and 18 years old.

You need to rest your mind and body and gradually return to your school and play activities.

Not OK? 
DON'T PLAY 

Learn more about
concussions by visiting
york.ca/concussion