

Did You Know?

A **concussion** is a brain injury.

You **DO NOT** need to lose consciousness or be knocked out to have had a **concussion**.

What is a concussion?

A concussion is an injury to the brain that is caused by a direct or indirect hit to the head that can alter the way the brain functions.

Signs & Symptoms

- Headache
- Nausea/vomiting
- Confusion
- Difficulty walking
- Memory loss
- Change in behaviour
- Seizures

If you see any of the above:

- Stop the sport/activity immediately
- Do not leave the person alone
- If the person is unconscious – call 9-1-1

If you think you are suffering the effects of a concussion, contact your doctor. Proper medical care is critical to recovery.

For more information, volunteer opportunities or to make a donation, visit www.bist.ca or call **416-830-1485**.

