

SPOTTING & ASSESSING CONCUSSIONS



NOVA SCOTIA
CONCUSSION
AWARENESS

1. Impact/Motion

Concussions are caused by impacts or motions that cause the brain to forcibly move inside the skull



2. Stop & Rest

Rest and assess concussion symptoms after an impact/motion to the head or neck

Symptoms include headache, memory problems, mental/emotional changes, noise/light sensitivity, dizziness, fatigue, and more

3. Assess & Remove/Return

Continuing activity after suffering a concussion can cause more serious injuries and permanent damage

