

Concussion in Children and Adolescents



What is a concussion?

- A type of traumatic brain injury caused by a direct or indirect force transmitted to the head
- Common symptoms include headache, nausea or vomiting, dizziness, confusion, sensitivity to light and noise, fatigue

Will I feel better?

- The duration of symptoms can vary from one individual to the next
- Receiving treatment may relieve symptoms and help you return to activities you enjoy

What can you do?

- To help speed up your recovery:
- Participate in your care with your healthcare provider
 - Continue day-to-day activities even if you experience some discomfort (within reason) unless otherwise instructed

Potential treatment options to discuss with your healthcare provider

- Education and coping strategies
- Counselling to return to full physical and cognitive activity
- Sleep hygiene
- Non-opioid pain medication
- Accommodations, modifications, support for school

Contact your healthcare provider if you experiences any of the following

- Headaches that worsen
- Repeated vomiting
- Slurred speech
- Increased confusion or irritability
- Weakness or numbness in arms or legs
- Neck pain
- Unusual behaviour change

Lumba-Brown A, Yeates KO, Sarmiento K, et al. Centers for Disease Control and Prevention Guideline on the Diagnosis and Management of Mild Traumatic Brain Injury Among Children. *JAMA Pediatr.* 2018;172(11):e182853.

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