

NURSE'S NEWSLETTER



What is a Concussion?
A concussion is a mild brain injury caused by a bump, blow, or jolt to the head. It doesn't always involve losing consciousness, but symptoms like headache, dizziness, or confusion can show up right after the injury or even a few days later. Every year, thousands of children and youth experience concussions—and only about half of them are related to sports.

Symptoms to Watch For:
After a head injury, some concussion symptoms may appear right away, while others might not show up for days. Symptoms can last for days, weeks, or even months. Watch for signs like worsening headache, dizziness, blurred vision, confusion, or changes in mood. Seek immediate medical help for serious symptoms like slurred speech or trouble waking up.



TODAY'S TOPIC

CONCUSSIONS

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CONCUSSION TIPS



Safe Recovery Tips
Encourage rest and limit screen time, bright lights, and physical activities. Children should go back to school and sports only once they're symptom-free. Emotional support is also key, as children recovering from concussions may feel frustrated or lonely.

Preventative Tips
Helmets and safe play can help, but concussions can still happen. Teach your child to stay alert, follow safety rules, and use protective gear. Encourage them to speak up if they feel any symptoms after a head bump.

If you notice any of these symptoms or see symptoms worsening, please reach out to your child's healthcare provider. Avoid giving medications like ibuprofen without checking with a doctor.

