



Concussion Management Protocol

A concussion is a brain injury. It can't be seen on X-rays, CT scans or MRIs. It may affect the way a person thinks, feels and acts.

Any blow to the head, face or neck may cause a concussion. A concussion may also be caused by a blow to the body if the force of the blow causes the brain to move around inside the skull. A concussion can happen to anyone – anywhere – including:

- at home, school or your workplace
- following a car, bike or pedestrian accident
- from participating in games, sports or other physical activity

A concussion is a serious injury. While the effects are typically short-term, a concussion can lead to long-lasting symptoms and even long-term effects.

There are many signs and symptoms of a concussion to look out for, including:

- headache
- dizziness
- ringing in the ears
- memory loss
- nausea
- light sensitivity
- drowsiness
- depression

If you notice signs of a concussion in others, or experience any of these symptoms yourself, consult with a physician or nurse practitioner.

Useful links

[Rowan's Law: Concussion safety](#)[Concussions Ontario](#)[Ontario Physical Activity Safety Standards in Education](#)