

## TIPS



Children should always wear their helmet in contact sports and when skiing and snowboarding.



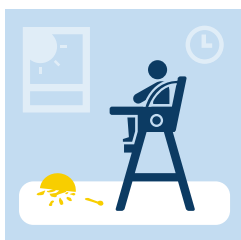
The same helmet cannot be used for sports and biking. Each helmet is specifically designed for that sport.



In any sports, a child should always wear the proper equipment to protect their head and should follow all rules and regulations of the game.



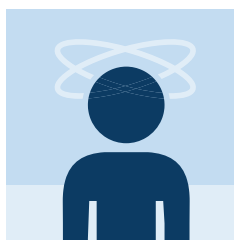
Parents may want to install bed rails to prevent their child from falling out of bed and hitting their head.



Children that are in highchairs should always be buckled so they do not attempt to crawl out and fall.



If a child hits their head, they should be evaluated by a clinician to ensure they did not sustain an injury.

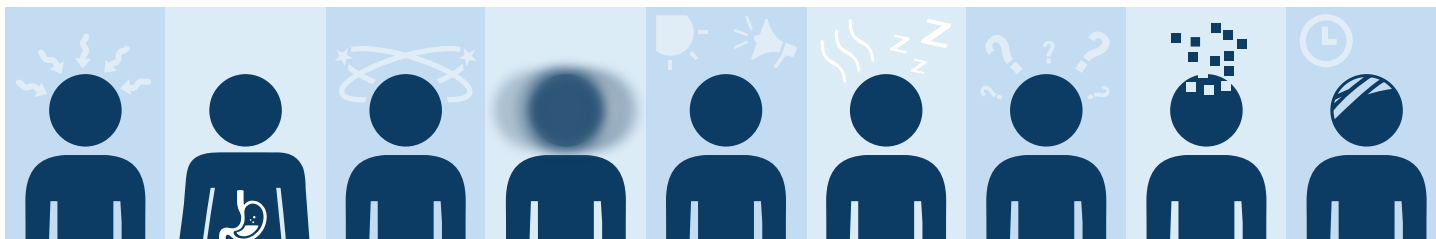


Most concussions occur without loss of consciousness.



Intervention as soon as the concussion occurs can help with recovery, prevent further injury or even death.

## POSSIBLE SYMPTOMS



Headache or pressure in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light or noise

Feeling sluggish or groggy

Feeling emotional, nervous, confusion

Memory and concentration problems

Amnesic to injury and time preceding or following injury

## STATISTICS

- An estimated 11 million to 1.9 million concussions occur in kids yearly during sports and recreation.
- An estimated 512,000 to 1.2 million concussions are not reported to health-care providers.
- The risk for concussion is highest for kids who play football, soccer, ice hockey, field hockey, and lacrosse.
- 46% of concussions in children are due to contact sports.
- As many as 7 in 10 young athletes with a possible concussion report playing with concussion symptoms. Out of those, 4 in 10 said their coaches were unaware that they had a possible concussion.