CONCUSSIONS ARE A COMMON TYPE OF INJURY

Unintentional injuries are a leading cause of death, hospitalization, and disability among Canadians... and of these, concussions are among the most common.

CONCUSSION TREATMENT

REST for 24-48 hours, followed by a gradual, medically supervised return to activity.

WHAT DO CANADIANS KNOW ABOUT CONCUSSIONS?

Many youth experience concussions during sports and recreation activities, sometimes with tragic outcomes.

Approximately 46,000 DIAGNOSED CONCUSSIONS in 2016-17 by hospital emergency departments for children and youth 5-19 years of age*.

- **MALES**: Approximately 26,000
- **FEMALES**: Approximately 20,000

- **Assaults/self-harm**: 54%
- **Sports & recreation**: 45%
- **Other unintentional causes**: 27%-

of all injuries that happened while playing these sports*.

* National Ambulatory Care Reporting System (NACRS)

* Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP)

There is an ongoing need to integrate any new knowledge on concussion prevention and treatment among allied health professionals, coaches, athletes, parents, and education providers.

1 in 2 Canadians have little or no knowledge about concussion.

1 in 4 do not know how concussion is treated.

Only 15% can correctly identify the best ways to treat concussion.

Only 4 in 10 are aware of available concussion tools or resources.

The Government of Canada has developed evidence-based information and practical tools for:

- **ATHLETES COACHES TEACHERS PARENTS SCHOOL & SPORTS ADMINISTRATORS HEALTH PROFESSIONALS**

Visit www.canada.ca to access concussion tools and information.

- **Canadian Guideline on Concussion in Sport**
- **A Return to School Strategy**
- **A Return to Sport Strategy**
- **Canadian Harmonized Concussion Protocols**
- **A SchoolFirst resource for teachers and school boards to support children and youth after experiencing a concussion**
- **Mobile App to guide parents in the management of their child's concussion**