

CONCUSSION - NOT JUST A BUMP ON THE HEAD!



A concussion is a brain injury resulting from a direct or indirect hit to the head or body which causes excessive, rapid movement of the brain inside the skull. Concussions can happen during sports, motor vehicle collisions, falls or other activities. It is extremely important to see a medical doctor or nurse practitioner if you suspect a concussion.

Signs and symptoms can last for days, weeks or months. Recovery generally takes approximately 1 to 4 weeks; however, it can take even longer in children and youth under 18 years old or if they have had a previous concussion. If symptoms persist beyond 4 weeks, speak with your doctor or a healthcare professional.

Children and youth with concussions may find it hard to concentrate in school. Once they feel better, let them gradually return to school and see how much they can handle without their symptoms getting worse. Discuss going back to school with your doctor and your child's teacher.

This material is provided by York Region Public Health. For more information, visit york.ca/concussions.

[This document has been prepared and approved by The Regional Municipality of York. We encourage you to share this information in your communications with families in its entirety. Any modification to wording or by reproducing it in part with other wording can alter the original meaning and may no longer be accurate.]

Public Health

1-877-464-9675
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york.ca/Injuryprevention



WHAT IS ROWAN'S LAW?

Rowan's Law helps to protect amateur athletes. It educates coaches, parents/guardians, teachers and officials about the prevention and management of concussions. Rowan's Law came into effect in March of 2018 to honour Rowan Stringer, a high school rugby player from Ottawa, who died from a condition known as second impact syndrome (i.e., second head injury sustained before symptoms from the first head injury have resolved, causing rapid brain swelling).

In September 2019, the Ontario Ministry of Education made it mandatory for school boards to update their concussion policies and be in compliance with Rowan's Law ([PPM 158](#)). Schools must have a concussion code of conduct and a return to school and physical activity plan after a concussion. Anyone participating in sports activities are required to review the concussion code of conduct and resource annually, including parents.

We can change Ontario's culture around sports, physical activity and injury. [Rowan's Law Day](#) is the last Wednesday in September. Encourage your child to tell someone if they think they've had a concussion, get the help they need, and to take the time necessary for recovery with the support of everyone around them.

For more information on concussion prevention visit york.ca/concussion or review the Province of Ontario's [Rowan's Law: Concussion Awareness Resources](#).

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