

# Concussion myths vs. facts

## MYTH

Treating an adult for concussion is the same as treating a child.



## FACT

A child's brain is still developing, so it's important to treat them differently than an adult.

## MYTH

The tougher you are the quicker you can return to sports and activities.



## FACT

Concussions are invisible. The damage is often not easily noticeable. So, when in doubt, sit it out.

## MYTH

Only athletes in aggressive contact sports suffer from concussions.



## FACT

Anyone can get a concussion, in fact many kids and youth are injured performing daily activities like biking, playing and swimming.

## MYTH

All concussion symptoms subside quickly.



## FACT

Some symptoms are less obvious than others. In fact 30% experience symptoms lasting longer than four weeks and kids can take longer to recover.