

6 things you should know about concussions

1 Concussion is a brain injury.

2 A child's brain is still developing and requires a unique approach to care.

3 You can have a concussion without losing consciousness.

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4 Concussion symptoms are more than just physical. They can be mental, emotional or behavioural.

5 Most concussions resolve quickly, however 30% of people have symptoms that last longer than 4 weeks.

6 It's essential for optimal recovery to rest your mind and body.