

CONCUSSION AWARENESS WEEK

Baie-Comeau, September 22, 2023 – On the occasion of Concussion Awareness Week, the Direction de santé publique de la Côte-Nord wants to reiterate the importance of being on the lookout for signs and symptoms when you suspect an incident that may cause a concussion.

A concussion is a brain injury that can be caused by a direct blow to the head or a hit to the body that causes the brain to hit against the sides of the skull. This condition, which may lead to a series of varied signs and symptoms, is undetectable with traditional medical tests such as X-ray or magnetic resonance imaging (MRI).

Whether you are a coach, a teacher, a parent, an educator or a health professional, you must monitor symptoms of different types:

- Physical: Headache, neck pain, nausea, vomiting, dizziness, loss of balance, sensitivity to light and sound.
- Cognitive: Confusion, memory loss, difficulty concentrating, feeling slowed down.
- Emotional: Irritability, anxiety, increased emotionality, sadness.

If you suspect a concussion, evaluating the person immediately is imperative. Management with evaluation tools (detection grid) will help make the right decision.

The person must stop the activity immediately and watch out for the onset or exacerbation of the symptoms above. Sequelae related to concussions can have significant consequences. Therefore, you should take this condition seriously and consult a health professional when in doubt.

More information is available at [Québec.ca](http://Quebec.ca), including the Concussion Management Protocol. You can also contact Mr. Stéphane Talbot, planning, programming and research officer at the Direction de santé publique de la Côte-Nord.

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