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.
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.

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