





# Concussion Info for Parents


## Concussion myths and facts:


**Myth 1.** You need to wake someone with a concussion every 20 minutes. 


**Fact:** While it is important to check on the injured person periodically, rest and sleep are required for recovery. It is unnecessary to wake them every 20 minutes. 

**Myth 2.** Concussions are only caused by a direct blow to the head. 

**Fact:** A concussion can be caused by a blow to the body that snaps the head forward or backward. 

**Myth 3.** Children recover from concussions at the same rate as adults. 

**Fact:** Because the child or adolescent brain is still developing, the effects of a concussion may be greater and recovery may take longer. 

**Myth 4.** A concussion means a loss of consciousness. 

**Fact:** Very few concussions cause a loss of consciousness.

**Myth 5.** Wearing a helmet during play will prevent a concussion. 

**Fact:** While wearing a helmet during play may reduce the risk of your athlete developing a concussion, no helmet can completely prevent a concussion.

## Concussion recovery Have your child/teen avoid:

Loud music



Late nights and sleepovers



Activities that increase cognitive function such as:

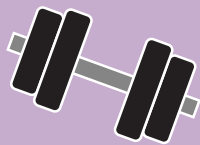
- Internet use
- Video games
- Texting
- Reading



Medication not prescribed or approved by your doctor



Activities that are physically demanding such as working out, yard work, weightlifting, etc.



Returning to school and/or play until cleared by your physician



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