

Concussion

A concussion can happen to anyone, anywhere, and at any time. Learn how to prevent concussion, identify signs and treat concussion.

A concussion is the most common form of head injury. It results from a direct blow to the head or body causing the brain to move rapidly inside of the skull. A concussion can happen to anyone, anywhere at any time. Even what seems like a minor impact may result in a concussion. You don't have to pass out (lose consciousness) to have a concussion.

Causes of Concussions

Activities that can cause a concussion include:

- Falls
- Collisions with other people or objects
- Motor vehicle crashes
- Sports or recreational activities

Prevention

Taking safety precautions can reduce your chances of getting a concussion and can also protect others.

- Drive safely and wear a seat belt every time you drive or ride in a motor vehicle
- Never drive when you are under the influence of drugs or alcohol
- Take precautions to avoid slips and falls, such as keeping your physical spaces dry and uncluttered
- Use the appropriate equipment for the activity, such as helmets and mouth guards
- Promote responsibility and fair play in sport

For more tips on how to prevent concussion, see:

- [Government of Canada: Concussion - Prevention and risks](#)
- [Government of Canada: Concussion - Sport and recreation](#)

Concussion and Children

To learn more on how to reduce your child's chances of getting a concussion, see:

- [Child Car Seats](#)
- [Child Safety: Bicycles and Tricycles](#)
- [Child Safety: Streets and Motor Vehicles](#)
- [Child Safety: Preventing Falls](#)
- [Playground Safety](#)
- [Preventing Children's Injuries From Sports and Other Activities](#)

For more information on how to reduce the chances of seniors getting a concussion, see:

- [Are You at Risk of Falling?](#)
- [Preventing Falls in Older Adults](#)
- [Seniors' Falls Can be Prevented \(HealthLink BC File # 78\)](#)
- [What You Can Do to Prevent a Fall?](#)

Recovery

For more information on how to treat concussion, manage your recovery and return to normal activity see:

- [CATT Online: Return to Activity Strategy](#) (PDF 120KB)
- [CATT Online: Return to School Strategy](#) (PDF 102KB)
- [CATT Online: Return to Sport Strategy](#) (PDF 93.5KB)
- [CATT Online: Return to Work Strategy](#) (PDF 100KB)
- [Government of Canada: Concussion - Symptoms and treatment](#)

Useful Websites

BC Injury Research and Prevention Unit (BCIRPU)

The BC Injury Research and Prevention Unit provides injury prevention knowledge and supports to British Columbians, including concussion information.

- [BCIRPU: Concussion](#)
- [BCIRPU: The Burden of Concussion in British Columbia](#) (PDF 423KB)

Concussion Awareness Training Tool (CATT)

The Concussion Awareness Training Tool (CATT) is a series of online educational modules and resources with the goal of standardizing concussion recognition, diagnosis, treatment and management.

- [CATT online](#)
- [CATT: Concussion Resources for Coaches](#) (PDF 2.2MB)
- [CATT: Concussion Resources for Parents & Caregivers](#) (PDF 1443KB)
- [CATT: Concussion Resources for Players & Participants](#) (PDF 1848KB)
- [CATT: Concussion Resources for School Professionals](#) (PDF 1414KB)
- [CATT: Concussion Resource for Workers and Workplaces](#) (PDF 1312KB)

Parachute

Parachute is Canada's national charity dedicated to injury prevention. It focuses on three key areas where people are unintentionally injured: in the home, at play and on the move.

- [Parachute: Concussion](#)

Your Health Authority

For information related to concussion from your health authority, where available, click on the links below.

- [Fraser Health: Concussion](#)
- [Interior Health: Injury Prevention](#)
- [Northern Health: Concussion](#)
- [Provincial Health Services: Preventing Injury](#)
- [Vancouver Coastal Health: My Guide: Concussion Catalogue](#)
- [Vancouver Island: School Age Safety](#)

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