



CONCUSSION: NOT JUST A FOOTBALL INJURY

A concussion occurs when somebody gets hit forcefully, usually to the head, causing the brain to become injured. Concussions can happen to athletes in any sport who may collide with another player, a piece of equipment (e.g. hockey stick) or the ground. An athlete who is suspected of having a concussion should be removed from play and evaluated by a qualified healthcare professional. Common symptoms of a concussion may include (but are not limited to):

- Headache
- Dizziness
- Feeling disoriented
- Nausea

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