

# COMMON MYTHS ABOUT

# CONCUSSION



1



### Myth

Don't let the baby sleep after a concussion.

### Fact

It is usual for babies to feel sleepy, especially if they have cried after getting hurt. If you cannot wake them up, visit the ER.

2



### Myth

If the baby did not get unconscious, there was no concussion.

### Fact

A relatively low percentage of concussions leads to loss of consciousness.

3



### Myth

The harder the blow, the more severe the concussion.

### Fact

It may not be correlated. The severity of a concussion depends on various factors.

4



### Myth

Vomiting confirms a concussion.

### Fact

While vomiting is a sign of concussion, not all concussions are followed by vomiting.

5



### Myth

All concussions present with the same symptoms.

### Fact

No two cases of concussion are alike. Each baby will experience different symptoms.

6



### Myth

Only a blow on the head can cause a concussion.

### Fact

Concussions may also happen because of rapid movement of the head, such as in car accidents.

## References

- 1 Minor Head Injury in Children; Queensland Government
- 2 Concussion and Mild Traumatic Brain Injury in Children; Children's Hospital Colorado
- 3 Significance of vomiting after head injury; BMJ Journals
- 4 Significance of vomiting after head injury; BMJ Journals