

# CONCUSSION MYTHS

**MYTH:** Participants can only get concussions from direct contact to the head.

**TRUTH:** A concussion should be suspected when a participant experiences a significant impact to the head, face, or body.

**MYTH:** A participant with a concussion will always lose consciousness.

**TRUTH:** Most concussions don't involve a loss of consciousness. In fact, this happens in fewer than 10% of concussions.

**MYTH:** All participants with a concussion will have the same symptoms.

**TRUTH:** The types of symptoms and number of symptoms reported will vary from person to person.

**MYTH:** A participant who no longer has symptoms is ready to return to sport.

**TRUTH:** A lack of symptoms doesn't mean the brain has healed. Research shows that there can be ongoing problems even after symptoms resolve.

