

## Concussion Myth-Buster Sheet

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Myth	Fact
You must lose consciousness to have a concussion.	Loss of consciousness occurs in less than 10% of concussions.
Concussion symptoms always appear immediately after injury.	Symptoms can appear hours or days later.
Rest until all symptoms completely disappear is best.	Prolonged rest can delay recovery; gradual return to activity is recommended.
You should avoid all physical activity until fully recovered.	Light physical activity can help recovery when symptoms allow.
Concussions only happen in sports.	They can occur from falls, car accidents, or any head trauma.
If you feel fine, you're fully recovered.	Symptoms may fluctuate; full clinical assessment is necessary.
Taking painkillers can mask dangerous brain injuries.	While helpful for symptom relief, medical assessment is essential.
Once recovered, risk of future concussion is low.	Having had a concussion increases risk of subsequent injury.