

DEBUNKING CONCUSSION MYTHS

MYTH

Only athletes are at risk of concussions.

FACT

More concussions are caused by automobile collisions and falls than are caused by sports.

MYTH

If you didn't lose consciousness, you don't have a concussion.



Fewer than 10% of concussions occur with a loss of consciousness.

MYTH

You must stay in a dark room to recover from a concussion.



FACT

Sitting in a dark room and doing nothing for too long can increase concussion symptoms because of withdrawal from the world and becoming hyper-aware of your condition.

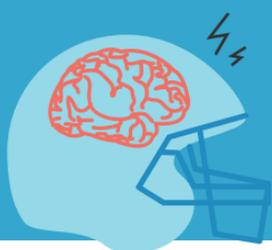
MYTH

All concussions are the same for everybody.



FACT

Even if you've suffered a concussion before, the next one could have completely different symptoms and require a different amount of time for recovery.



MYTH

Helmets prevent concussions.

FACT

Helmets prevent cuts and skull fractures, but they haven't been proven to prevent the internal motion of the brain inside the skull that causes concussions.

MYTH

A concussion can only be caused by a direct blow to your head.

FACT

It is caused by a bump, blow, or jolt to the head or body that causes the brain to move quickly back and forth inside the skull.

