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FAX about...



Impact of Rowan's Law for Concussion Care

Rowan's Law was established following the tragic death of 17-year-old Rowan Stringer after successive concussions. Some athletes do not report suspected concussions for various reasons, one being the ability to keep playing.

Several components of Rowan's Law came into effect on July 1, 2019. Awareness and policy around concussion will be strengthened for both sports organizations and families. Thus, **athletes will be seeking medical assessments and clearances for suspected concussions to be allowed to return to sport or school.**

What can you do?

✓ **THINK concussion!**

- Has there been a blow to the head, face, neck (whiplash) or body strong enough to cause the brain to move around inside the skull?
- Losing consciousness is not required to diagnose a concussion.

✓ **ASSESS and IDENTIFY!**

- Symptoms vary and may include **headache, irritability, sleeping too much/too little, sensitivity to light/noise, nausea and difficulty concentrating.**
- A CT scan does not show concussion like it shows a traumatic brain injury.
- If not recognized and treated properly, concussion can have lasting effects.

✓ **MANAGE!**

- Rest and gradual return to activity are key recommendations in return-to-sport and return-to-learn protocols found here: durham.ca/concussions

HIT. STOP. SIT. Take time to heal!

For more information on Rowan's Law and concussions:

ontario.ca/concussions

<http://www.parachutecanada.org/injury-topics/item/concussion>

Health care provider information and **posters** now available online durham.ca/HCP.

Durham Region Health Department: 905-668-7711, 1-800-841-2729

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If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.