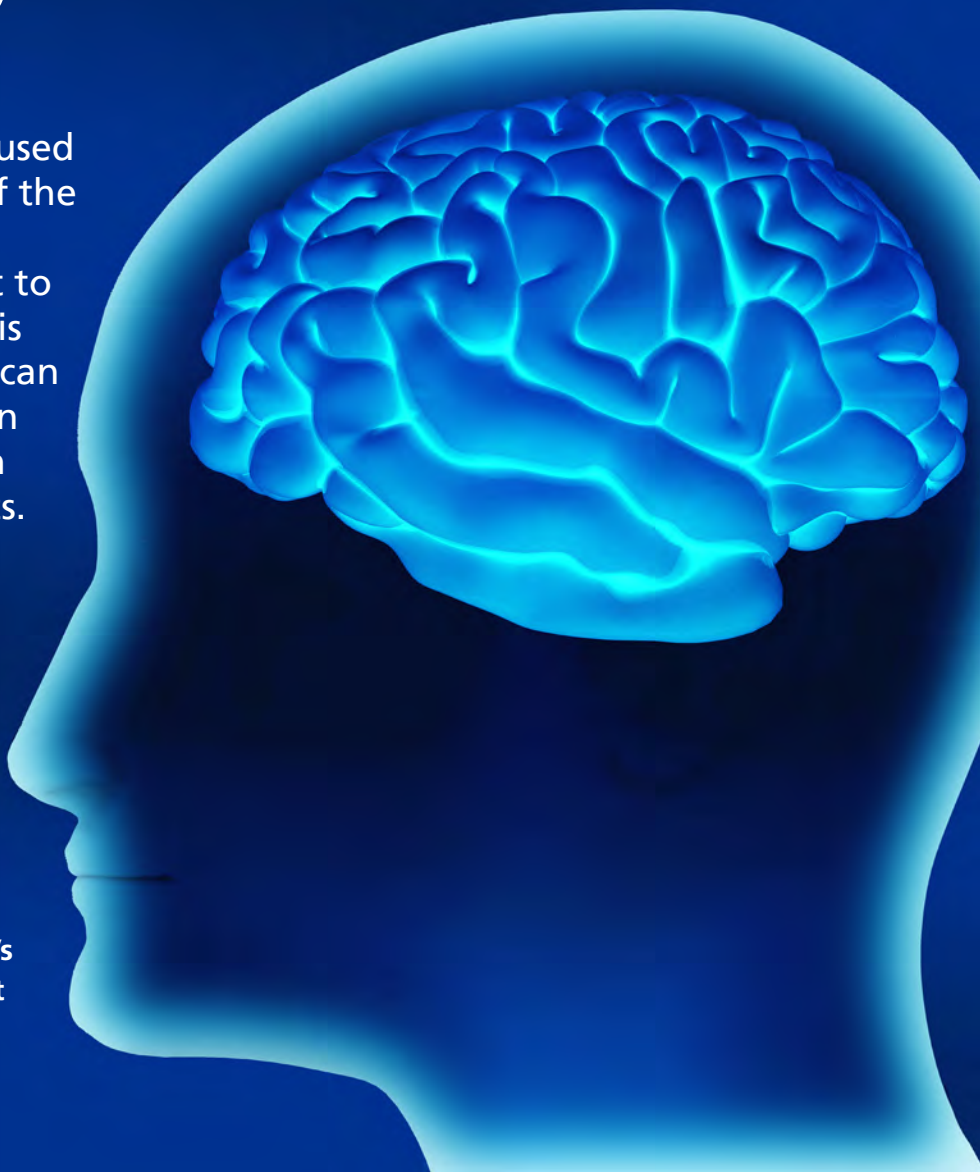




# Head Education Let's Play Safe

## What is a concussion?

A concussion is a brain injury caused by excessive, rapid movement of the brain inside the skull. It can be caused by a direct or indirect hit to the head or body. A concussion is difficult to diagnose as a brain scan cannot determine if a concussion exists, but ignoring a concussion can have serious negative effects.



Pick up a copy of the Head Education Let's Play Safe Awareness Campaign pamphlet at your local community centre or library, or visit [www.oakville.ca](http://www.oakville.ca)