

Public Service Announcement

National Concussion Awareness Week

Start Date: September 26, 2022 End Date: October 1, 2022 Nunavut-wide

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September 25 to October 1 is Concussion Awareness Week. This has been established to increase awareness, prevention, and management of concussions by providing information and encouraging action across Canada.

Concussion Awareness Week is to inform and help individuals continue to live healthy, active lives. From participants, parents, coaches, organizers, educators and more, we all have a part to play in raising awareness of concussions at all levels of sport in Canada.

Early recognition, proper medical assessment, and appropriate management, make a significant difference in concussion recovery.

Simple ways you can make a difference include:

- Find out what you can do to prevent concussions in your sport or activity and know what to do if a concussion does happen.
- Learn the signs and symptoms of a concussion.
- Check for signs and symptoms any time there is a significant impact to the head, face, neck, or body.
- Encourage everyone to speak up about how they are feeling and tell someone if you suspect you may have a concussion.
- Follow the gradual stages for return to school, work, and activities after a concussion.

For more information and resources to support your organization on Concussion Awareness Week Activities, or prevention and concussion management please contact <u>SRinfo@gov.nu.ca.</u>

Media Contact:

Suleikha Duale Communications Specialist Community and Government Services 867-975-5406 <u>sdualel@gov.nu.ca</u>