

Alberta Concussion Awareness Day

September 25, 2024

The Alberta Concussion Awareness Day was established to increase the understanding of concussions by offering credible, evidence-based information and resources. This day is for all Albertans, regardless of their level of involvement in sports, recreation, or physical activities. It's also a day to emphasize that concussions can happen anywhere, at any time, and to anyone, not just in sports. Each year the Alberta Concussion Awareness Day takes place on the last Wednesday of September, which falls within National Concussion Awareness Week. For many people, this day will come and go like any other. But for those who have had a concussion or know of someone who has had a concussion, they may wonder why every day isn't a concussion awareness day.

DID YOU KNOW?

Concussions are the most common type of traumatic brain injury. Yet, they're often under-reported due to a lack of education and awareness.

A person does not need to lose consciousness to have experienced a concussion. In fact, less than ten percent of concussions result in the loss of consciousness.

41 Albertans sustain a concussion each day. That is Fourteen Thousand, Eight Hundred and Seventy-Six concussions per year being diagnosed in Alberta's emergency departments.



VISIT WWW.SPORTMEDAB.CA/ACA
FOR MORE INFORMATION

LEARN HOW TO RECOGNIZE & RESPOND CONCUSSIONS CAN HAPPEN TO ANYONE!

SHARE YOUR CONCUSSION EXPERIENCE

ALBERTA CONCUSSION
AWARENESS DAY

SEPTEMBER 25
2024



HOW TO PARTICIPATE

- REFLECT ON YOUR CONCUSSION JOURNEY OR THAT OF SOMEONE YOU KNOW
- SHARE IT ON SOCIAL MEDIA
- TAG US AND USE THE HASHTAGS TO JOIN THE CONVERSATION

#CONCUSSIONAB
#ABCONCUSSIONDAY
#SHAREYOURSTORY

@SPORTMEDAB @ABCONALLI @STOPINJURY @SIPRC

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