

Seeing sudden changes? Don't ignore the signs.



It may be medical.

Often mistaken for behavioural or mental health conditions

What to look for:

An abrupt onset in a student previously functioning well:

- Sudden OCD behaviours
- Severe restrictive eating

Along with at least TWO of the following:

- Anxiety or separation anxiety
- Mood changes or depression
- Irritability or aggression
- Regression (loss of skills or independence)
- Sudden decline in school performance
- Tics or unusual movements
- Sleep disruption or frequent urination

Could this be PANS or PANDAS?

A medical condition affecting the brain, causing sudden changes in behaviour, mood, and learning.

What are PANS and PANDAS?

- **PANDAS:** Sudden symptoms linked to strep infection
- **PANS:** Similar sudden symptoms linked to other infections or triggers

Based on established PANS clinical criteria

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Learn more



Early recognition
can change
outcomes.



www.inflamedbrain.org

Important for those supporting students

- These changes are **out of character**
- **You may be the first to notice changes**

What to do

- Document changes and timing
- Share observations with parents or caregivers
- Encourage medical evaluation
- Provide flexibility and support

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