

DO YOU HAVE A CONCUSSION?

WHAT'S A CONCUSSION?

A concussion is a **brain injury that affects how the brain works**. They are often the result of a blow to the head, face, neck or body. This can happen from falling, while playing sports, or during a car accident. A concussion can't be seen or detected by x-rays or scans, so it is very important to **listen to our bodies and pay attention to our symptoms** to understand how we are healing.

INITIAL REST & PLANNING



After being diagnosed with a concussion, you should rest for the first **24 to 48 hours**.

Activities like light walking or simple chores are fine, **as long as they don't make symptoms worse or bring on new symptoms**.

After initial rest, reintroducing activities is an important part of recovery. Activities should be re-introduced at this time even if you still have symptoms because full rest beyond 24-48 hours may lengthen recovery. Start with activities that increase your heart rate such as walking or cycling on a stationary bike.

Any activity that has a risk of hitting your head should be avoided. See the recovery plan for more details.

WHEN WILL IT GET BETTER?



Most children and adolescents with a concussion typically recover fully within **1 to 4 weeks**.

However, concussion recovery can be different for everyone and unpredictable; symptoms may last longer for some.

If you continue to have symptoms after one month or if you were identified as high risk for prolonged recovery (at your initial assessment), ask your doctor about visiting a specialized concussion team where you can work together to make an individualized recovery plan.



SCAN FOR MORE INFO



FOR A FULL UP-TO-DATE LIST OF **RESOURCES** SCAN THE QR CODE
OR VISIT WWW.EXAMPLE.COM

// WHEN SHOULD I RETURN TO THE EMERGENCY DEPARTMENT?

- **HEADACHE** BECOMING SEVERE
- **VOMITING** REPEATEDLY [MULTIPLE EPISODES]
- **DIFFICULTY WAKING UP OR IS VERY DROWSY**
- **HAVING TROUBLE SPEAKING, SEEING, HEARING, OR WALKING**
- **UNBALANCED OR WEAKNESS IN ARMS OR LEGS**
- **BECOMING CONFUSED OR DISORIENTED; DOES NOT KNOW THEIR NAME, WHERE THEY ARE, OR THE TIME OF DAY**
- **HAVING A SEIZURE**

If your child/adolescent is displaying any of these symptoms after being diagnosed with a concussion;
RETURN TO SEE A HEALTH CARE PROFESSIONAL



// WHEN CAN I RETURN TO ACTIVITIES?

Take it slow, allowing for a minimum of 24 hours at each stage. While experiencing some symptoms is okay; you should not be in Stage 1 for more than 1 to 2 days. It's more important to get back to some activity rather than resting too much.

In stages 2-6, if symptoms worsen or new symptoms begin, return to the previous stage. It is extremely important to avoid activities that put you at high risk for another injury while recovering with a concussion; a doctor's note is required before returning to full contact activities.

You should visit a primary care provider in 1-2 weeks for follow-up care after experiencing a concussion.

RETURN TO SPORT + PHYSICAL ACTIVITY

STAGE 01	STAGE 02	STAGE 03	STAGE 04	STAGE 05	STAGE 06
PHYSICAL REST 24 - 48 HOURS MAXIMUM	LIGHT PHYSICAL ACTIVITY	SPORT SPECIFIC EXERCISE	NON CONTACT ACTIVITIES	FULL CONTACT ACTIVITIES	RETURN TO ALL ACTIVITIES AND SPORTS
EXAMPLE LIGHT WALKING AND GENTLE ACTIVITIES. AVOID ACTIVITIES THAT INCREASE YOUR HEART RATE OR MAKE YOU FEEL WORSE.	EXAMPLE JOGGING OR STATIONARY CYCLING AT SLOW TO MEDIUM SPEED. NO WEIGHT TRAINING.	EXAMPLE RUNNING OR SKATING DRILLS. NO DRILLS WITH RISK OF INJURING YOUR HEAD.	EXAMPLE PRACTICE WITHOUT BODY CONTACT. GYM CLASS ACTIVITIES WITHOUT RISK OF INJURING YOUR HEAD	EXAMPLE FULL ACTIVITIES/SPORTS PRACTICES AFTER DOING FULL-TIME SCHOOL AND GETTING A DOCTOR'S NOTE	EXAMPLE NORMAL FULL-CONTACT GAME PLAY

RETURN TO SCHOOL + LEARNING

STAGE 01	STAGE 02	STAGE 03	STAGE 04	STAGE 05	STAGE 06
COMPLETE REST 24 - 48 HOURS MAXIMUM	ACTIVITIES THAT DO NOT MAKE YOU FEEL WORSE	SCHOOL ACTIVITIES AT HOME FOR NO MORE THAN 1 WEEK	RETURN TO SCHOOL PART-TIME	ADJUSTMENTS TO FULL-TIME SCHOOL	SCHOOL, TESTING, AND HOMEWORK
EXAMPLE AVOID SCHOOL WORK, SCREEN TIME, AND DRIVING. LIMIT ACTIVITIES THAT INCREASE HEART RATE.	EXAMPLE READING, TEXTING, SCREEN TIME; START AT 5-15 MINUTES AT A TIME.	EXAMPLE HOMEWORK, READING OR OTHER ACTIVITIES OUTSIDE OF THE CLASSROOM	EXAMPLE GETTING BACK TO SCHOOL FOR A FEW HOURS OR HALF DAYS	EXAMPLE RETURN TO FULL DAYS AT SCHOOL WITH ACADEMIC ACCOMODATIONS AS NEEDED	EXAMPLE FULL DAYS AT SCHOOL, FULL TESTING, AND REGULAR HOMEWORK