

WHAT SHOULD I DO WHEN I AM RECOVERING FROM A CONCUSSION?

Cognitive rest is part of recovery. Limit brain activity to keep concussion signs from coming back or getting worse. Keep screen time to no more than two hours a day. This includes TV, video games, computers, and cell phones. Stop activity if signs get worse.

Do NOT:

You may:

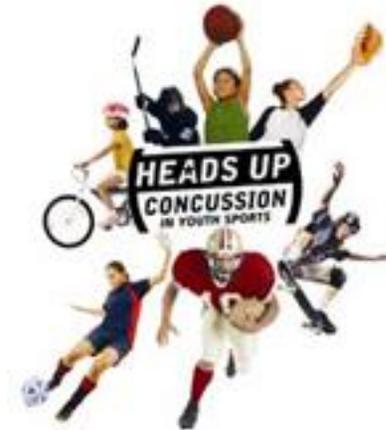
Read difficult books or word puzzles.	Read easy books
Do things that need focus.	Read in a quiet room without bright lights.
Play loud music.	Listen to music at a low volume.
Send or read text messages.	Do simple arts and crafts.
Have too many visitors.	Have short visits with one or two friends.
Play handheld video games.	Play card games or easy board games such as Uno that do not need much focus.
Play loud video games with action and flashing lights.	Play video games that are easy and do not need physical activity.
Use a computer for more than 30 minutes at a time.	Use the computer for a short time to check social media sites, such as Facebook.
Watch TV with action, loud noise or that needs your child to focus.	Watch TV shows that do not need much focus, such as cartoons or comedy. Watching sports on TV is OK as long as it is not too noisy or with a large crowd

TIPS FOR RECOVERY

- If you think you have a concussion, tell your coaches and your parents.
- Tell your coach if one of your teammates might have a concussion.
- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you had a concussion, your brain needs time to heal.

For more information, visit the following sites:

www.cdc.gov/concussion/
www.aan.com/go/practice/concussion
www.brain101.orcasinc
<http://www.biavt.org/>

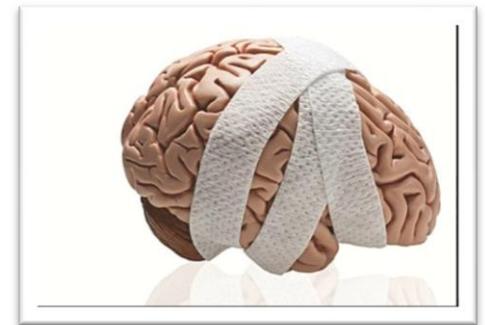


Developed by the Brain Injury Association of VT, in alliance with the Concussion Task Force, a committee of the Statewide TBI Advisory Board



CONCUSSIONS

A brief guide for students



- What is a concussion?
- What are the symptoms of a concussion?
- When should I contact a doctor or nurse?
- Will I need tests?
- How is a concussion treated?
- When can I play sports again or return to usual activities?
- What should I do when I am recovering from a concussion?

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe concussions as a “mild” brain injury because concussions are usually not life threatening. Even so, their effects can be serious.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Symptoms that can happen minutes to hours after a concussion include:

- **Memory loss** – People sometimes forget what caused their injury, as well as what happened right before and after the injury.
- **Confusion**
- **Headache**
- **Dizziness or trouble with balance**
- **Nausea or vomiting**
- **Feeling sleepy**
- **Acting cranky, strangely, or out of sorts**

Symptoms that can happen hours to days after a concussion include:

- **Trouble walking or talking**
- **Memory problems or problems paying attention**
- **Trouble sleeping**
- **Mood or behavior changes**
- **Vision changes**
- **Being bothered by noise or light**

WHEN SHOULD I CONTACT A DOCTOR OR NURSE?

Contact your doctor or nurse if:

- You vomit more than 3 times
- You have a severe headache, or a headache that gets worse
- You have a seizure
- You have trouble walking or talking
- Your vision changes
- You feel weak or numb in part of your body
- You lose control over your bladder or bowel

If your doctor suggested that someone watch you after your concussion, this person should call the doctor or nurse if he or she:

- Can't wake you up
- Sees any of the symptoms listed above

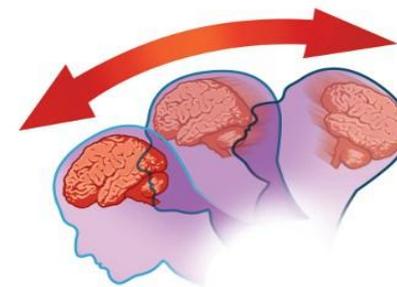
WILL I NEED TESTS?

It depends on your injury and symptoms. To check if you have a concussion, your doctor will ask about your symptoms and do an exam. He or she will also ask you questions to check that you are thinking clearly.

If your doctor suspects a serious injury, he or she might order an imaging test of the brain, such as a CT or MRI scan. These tests create pictures of the skull and inside of the brain.



toll-free HelpLine 877-856-1772
www.biavt.org



HOW IS A CONCUSSION TREATED?

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, should you in consultation with a doctor, return to daily activities, such as work or school. If your symptoms return or worsen as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As days go by, you should gradually feel better.

WHEN CAN I PLAY SPORTS AGAIN OR RETURN TO USUAL ACTIVITIES?

Ask your doctor when you can play sports or do your usual activities again. It will depend on your injury and symptoms. It is important to let your brain heal completely after a concussion. Getting another concussion before your brain has healed can lead to serious brain problems.