

WHAT SHOULD I DO WHILE I AM RECOVERING?

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

HELPLINE

802.244.6850



Creating a better future for Vermonters affected by brain injury through prevention, education, advocacy and support.

DO NOT INSTEAD

Read complex books or word puzzles.	Read simple books
Do things that need concentration.	Read in a quiet room without bright lights or listen to an audio book.
Play loud music or watch TV that has action or loud noises.	Listen to music at a low volume or watch TV that does not need much focus.
Use a computer or handheld device for extended periods of time.	Use a computer or handheld device for no more than 30 minutes at a time.
Play video games with action and flashing lights.	Find a quiet activity that has no bright lights or flashes that create eye strain.
Turn the lights out and sleep until you feel better.	Get out and take short walks and socialize with friends for short periods of time.
Have too many visitors.	Have short visits with one or two friends.
Jump right back into normal daily activities	Relax and rest to let your body heal.
Ignore sudden changes in symptoms.	CALL YOUR DOCTOR IF YOU NOTICE <u>ANY</u> CHANGES TO SYMPTOMS!

FOR MORE INFORMATION ABOUT CONCUSSIONS, VISIT:

- www.biavt.org
- www.biausa.org
- www.cdc.gov/concussion
- www.brainline.org

In alliance with the Concussion Task Force, a committee of the statewide Brain Injury Advisory Board

If you have any questions, please email: admin@biavt.org



Brain Injury Association of Vermont
1 Derby Lane, Suite 2
Waterbury, VT 05676



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ALL YOU NEED TO KNOW AND MORE

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. You do NOT need to lose consciousness to get a concussion. 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 – Trouble remembering what caused their injury or what happened right before and after the injury.
- Confusion or “mental fogginess”
- Headache
- Dizziness or trouble with balance
- Nausea or vomiting
- Feeling sleepy or lethargic
- 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?

- Repeated vomiting or nausea
- You have a severe headache, or a headache that gets worse
- You have a seizure
- Trouble with balance or slurred speech
- Your vision changes
- Weakness, numbness or decreased coordination
- Drowsiness or cannot be awakened
- Increasing confusion
- Display unusual behavior

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 conduct testing for concentration, ability to recall information, balance, reflexes and coordination. If your doctor suspects a serious injury, he or she may order more extensive testing.

How is a concussion treated?

Rest is the most appropriate way to allow your brain to recover from a concussion. Your doctor will recommend that you physically and mentally rest. This means limiting activities that increase any of your symptoms, such as physical exertion, sports or any vigorous movements, until these activities no longer provoke your symptoms. Light physical activity along with some socialization can help your body recover faster as long as your symptoms do not increase.

How a concussion is treated continued...

This rest also includes limiting activities that require thinking and mental concentration, such as playing video games, watching TV, schoolwork, reading, texting or using a computer, if these activities trigger your symptoms or worsen.

When can I return to normal activities?

As your symptoms improve, you may gradually add more activities that involve thinking, such as doing more schoolwork or work assignments, or increasing your time spent at school or work.

Your doctor will tell you when it is safe for you to resume light physical activity. Sometimes, you are allowed to do light physical activity such as riding a stationary bike or light jogging before your symptoms are completely gone, so long as it doesn't worsen symptoms.

Return to activity guidelines can be found at www.biavt.org. Resuming physical activity too soon increases the risk of a second concussion and potentially fatal brain injury.

You may find counseling or support groups that can offer assistance with any new challenges you might face.