

SUSPECTED CONCUSSION?

NEXT STEPS

Be sure to visit a healthcare professional within the first 2 days

01 Relative (not strict) rest begins immediately and for up to 2 days



02 Engage in light physical/cognitive exercise as tolerated



03 Gradually increase intensity of activities



04 Full return to learn



05 Full return to sport with medical clearance



Common Myths:

X Rest in a dark room

Doing this can actually delay recovery! It is better to engage in relative rest.

X Don't use screens

Screen use should be minimized for the first 48 hours, but is okay afterwards.

X Wait for symptoms to resolve before returning to school

Return to school within a week with the help of adjustments or accommodations.

Red Flag Symptoms: SEEK CARE IMMEDIATELY

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated vomiting
- Severe or increasing headache
- Increasingly restless, agitated, or combative
- Visible deformity of the skull