

NATIONAL CONCUSSION AWARENESS DAY

Signs of a concussion

(May be delayed minutes to days)

- Dazed
 - Confused
 - Forgetful
 - Moves clumsily
 - Answers questions slowly
 - Loses consciousness (blacks out)
 - Behavior or personality changes
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Symptoms of a concussion

(May be delayed minutes to days)

- Headache or “pressure” in head
 - Nausea or vomiting
 - Balance problems
 - Double/blurry vision
 - Sensitivity to light/noise
 - Feeling sluggish or foggy
 - Memory problems
 - Confusion
 - Does not “feel right”
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Recovery Tips

- Get rest during the first 24-48 hours after injury.
- Avoid activities that can lead to another concussion.
- Limit screen time (television, computer, cell phone).
- Avoid alcohol, smoking, and recreational drugs.
- Ask your healthcare provider for guidelines on returning to sports, school, driving, or work.
- Discuss medications with your doctor.
- Do light aerobic exercise, as tolerated.
- Eat a well-balanced diet.

