The Do’s and Don’ts of Concussion Care

DO:

✓ Report any changes in symptoms to your parents and/or sports medicine staff
✓ Get plenty of mental and physical rest to improve recovery
✓ Avoid TV, texting, computer, or video game use (Use only when necessary)
✓ Avoid any medications without approval from the sports medicine staff
✓ Keep meals light until your nausea resolves

DON’T:

✗ Do not take any aspirin or ibuprofen as this may cause bleeding into the brain
✗ Do not use any sedating medications, including cold medicines or alcohol as they can mimic a worsening neurologic condition
✗ Do not lie about your symptoms getting better as it will put you at more risk.
✗ Do not return to activity too soon after a concussion; early return when still symptomatic may lead to permanent injury
  o This includes any persistent vomiting, increasingly severe headaches, loss of muscle strength or feeling, worsening confusion, drowsiness, unequal pupils or convulsions.
✗ Do not drive a car or bike

ALWAYS NOTIFY A PARENT OR HEALTH CARE PROFESSIONAL IMMEDIATELY FOR ANY WORSENING OR CONCERNING SYMPTOMS

“PROTECT YOUR BRAIN, YOU ONLY GET ONE”