



A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP

REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- Neck pain or tenderness
- Double vision
- Seizure or convulsion
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated, or combative

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

CONCUSSION SIGNS AND SYMPTOMS

- Headache
- Dizziness
- Nausea
- Blurred vision
- Light/Sound sensitivity
- Imbalance
- Ringing in the ears
- Seeing "stars"
- Irritability
- Fogginess
- Fatigue
- Difficulty concentrating
- Poor memory
- Neck pain
- Sadness
- Confusion

IF YES TO ANY OF THE ABOVE:

SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner)
** if applicable in your area*

IF NO SYMPTOMS:

Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving, schoolwork)
- Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

AFTER 48 HOURS:

Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

RESUME NORMAL ACTIVITY