

CONCUSSION CARE GUIDELINES

Physical		Thinking	Emotional	Sleep
Headaches	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling more slowed down	Nervousness/anxiety	Trouble falling/staying asleep
Balance problems	Dizziness			

Post-concussion care guidelines:

- Rest is the key to quick recovery.** You should NOT participate in any high risk activities (i.e., sports, PE, bike riding, hunting, etc.) that place you at risk for re-injury. Limit social outings, errands, and other recreational activity. Sometimes it is necessary to take time off of school and work.
- Limit activities that require thinking or concentration.** This includes schoolwork, tests, and homework, as well as job-related activity. Your concussion care team or primary care physician can help with academic accommodations.
- Minimize screen time.** Limit TV, movies, video games, computer use, or texting, until instructed by your concussion care team.
- Get lots of sleep.** No late nights. Keep a normal bedtime on weekdays and weekends. Take naps and rest breaks when you feel tired and fatigued.
- Drink fluids and eat regularly.** Eat carbohydrates and protein and stay hydrated.
- Inform the school about the injury and symptoms.** The school should be aware of the concussion and provide recommended accommodations, as directed by your concussion care team. If you are a middle school or high school athlete you must inform the school nurse and/or high school athletic training staff of your injury.
- Immediately STOP any activity that makes your symptoms worse.** Ignoring symptoms can prolong recovery time. Slowly and carefully return to normal activities, as directed by your concussion care team and/or athletic training staff.

The Concussion Center

At Dell Children's Medical Center

512-628-1850

(Request Concussion Clinic.)

