

Concussion Awareness, Response, and Management



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

- | | | |
|--------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Neck pain or tenderness | <input type="checkbox"/> Weakness or tingling/burning in arms or legs | <input type="checkbox"/> Deteriorating conscious state |
| <input type="checkbox"/> Double vision | <input type="checkbox"/> Severe or increasing headache | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Seizure or convulsion | <input type="checkbox"/> Loss of consciousness | <input type="checkbox"/> 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

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

CONCUSSION SIGNS AND SYMPTOMS

- | | |
|--------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Fogginess |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Poor memory |
| <input type="checkbox"/> Imbalance | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Seeing "stars" | <input type="checkbox"/> 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

AFTER 48 HOURS:

Follow Return to Work strategy
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:

<input type="checkbox"/> More emotional	<input type="checkbox"/> Nervousness or anxiousness
<input type="checkbox"/> Irritability	<input type="checkbox"/> Trouble falling asleep
<input type="checkbox"/> Sadness	<input type="checkbox"/> Depression

RESUME NORMAL ACTIVITY

For more information on concussions, visit cattonline.com.