The Do’s and Don’ts of At-Home Concussion Care

DO:

✓ Report any worsening of symptoms
✓ Limit screen time. (TV, texting, computer, video games, etc.)
✓ Get plenty of mental and physical rest
✓ Keep meals light until your nausea resolves
✓ Avoid symptom triggers as much as possible
✓ Follow medical advice provided
✓ Use school resources for Return to Learning and Return to Play (if available)

DON’T:

✗ Do not take any medications without approval from a Licensed Healthcare Professional
✗ Do not use any sedating medications, including cold medicines or alcohol as they can mimic a worsening condition
✗ Do not lie about your symptoms getting better as it can make it challenging for a healthcare professional to understand the severity of the concussion
✗ Do not return to activity too soon after a concussion; early return when still symptomatic may lead to longer lasting injury
✗ Do not drive a car or bike

IMMEDIATELY NOTIFY A PARENT OR LICENSED HEALTH CARE PROFESSIONAL IN CASE OF WORSENING OF SYMPTOMS

“PROTECT YOUR BRAIN, YOU ONLY GET ONE”