

# CONCUSSION HOME CARE GUIDE



## What Is A Concussion?

SRC (sport-related concussion), also known as a TBI (traumatic brain injury) can be defined as a direct or indirect force to the head or body that alters the function of the brain. Symptoms may include but are not limited to: headache, sensitivity to light or noise, nausea, fatigue, dizziness, difficulty concentrating, feeling slowed down, sleep or emotional disturbances.

### What SHOULD I do?

- Follow up with a sports medicine physician or concussion specialist for diagnosis & guided return to sport
- For the next 24-48 hours, avoid any mentally or physically demanding activities that increase symptoms such as schoolwork, lots of screen time, exercise or sports.

### YOU CAN...

- Sleep without interruption
- Take Tylenol for headaches (no NSAIDS)
- Utilize blue light glasses during screen time
- Take any normal daily prescription medications that your physician has prescribed to you
- Take OTC supplementations as directed by a concussion specialist

### What SHOULD I NOT do?

- Wake up every hour (sleeping without interruption is important)
- Have excessive screen time (phone, TV, video games, schoolwork, computer work, etc.)
- Take any NSAIDS
- Consume caffeine or alcohol
- Play sports or participate in physical activity until cleared by a physician



### RED FLAGS – Seek Immediate Medical Attention if you witness any of the following conditions

- Seizures
- Deteriorating state of consciousness
- Significant inability to balance or walk straight
- Slurred speech
- Continual vomiting
- Altered personality
- Significant memory loss or confusion
- Bleeding or clear fluid coming from ears/nose
- Weakness or numbness in extremities

Scan here for USA Gymnastics concussion policy, guidelines, Right-to-Play

