

Concussion Information Sheet for Students

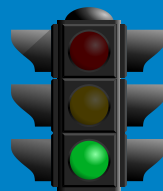
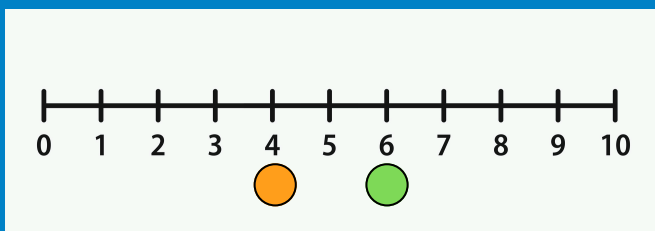
What to Do First 48 Hours

Take a light walk.

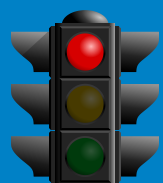
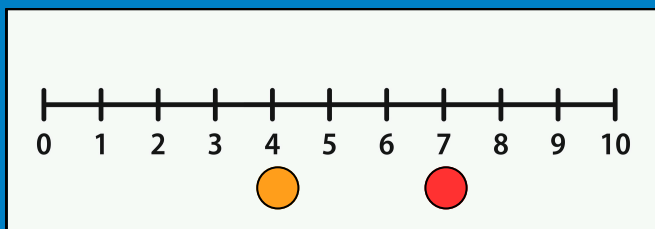


Sleep is important.
Go to sleep and wake up at
consistent times.
Your brain needs rest.

Use your symptoms as a guide for how much you do



Stop and rest if an
activity increases
your total



symptoms more
than 2 points on a
0-10 scale.

What to do First 48 Hours

**Limit smartphone,
computer and TV use.**



**Spend time with
friends in calm
environments.**



Continue to do your daily routine.



**“POWERING THROUGH”
YOUR SYMPTOMS**

What to Avoid

Being completely inactive

Physical activity that is not prescribed by your
healthcare provider

Drinking alcohol or using mind altering substances

Return to Academic Work

Symptoms can be aggravated by academic work, even
routine tasks like reading, writing, or taking notes.

You will have a limited amount of “brain energy” to use
each day; spend it on schoolwork and classes that are
important.

Return to Academic Work

Studies have shown that returning to class and coursework, using your symptoms as your guide, helps with recovery.

These academic accommodations will help as you recover

- Postponed exams, assignments, and quizzes
- Excused absences or breaks from lecture/lab
- Audio recorded lectures
- Notetaker
- Extra time to complete exams or assignments

Contact your School's Accommodations Office

Set up an appointment to discuss accommodations.

BE PROACTIVE. Don't wait to see if you recover quickly.