

STUDENT INFORMATION SHEET

What to do the first 48 hours following a concussion

CONTINUE “ACTIVITIES OF DAILY LIVING”

Such as:

- Going for a light walk
- Preparing meals
- Doing laundry
- Cleaning living area



SLEEP IS IMPORTANT

- Your brain needs sleep
- Go to sleep and wake up at consistent times
- Excessive daytime napping may disrupt sleep/wake cycles

MONITOR THE INTENSITY OF YOUR SYMPTOMS

- Stop and rest if an activity increases your total symptoms more than 2 points on an 0-10 scale
- Example: You start reading for class and your pain level is 3. After 30 minutes it increases to a 6, stop and rest.

Returning to Academics

Symptoms can be aggravated by academic work

This includes easy tasks such as reading, writing or taking notes

- You will have a limited amount of “brain energy” to use each day
- Spend it on classwork that is most important
- You may also need to decide which classes are most important to attend, instead of trying to attend all of your classes

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

What to Do

- Limit smartphone, computer and TV use
- Spend time with friends in calm environments
- Continue to do your daily activities and chores
- Avoid noisy and crowded environments
- Go to the dining hall during less busy periods and wear noise-canceling headphones



What to Avoid

- **POWERING THROUGH YOUR SYMPTOMS**
- Being completely inactive
- Drinking alcohol or using other mind-altering substances
- Driving until discussed with your healthcare provider
- Physical activity that is not approved by a healthcare provider, including:
 - Club, intramural or intercollegiate sports
 - Weightlifting
 - Strenuous cardiovascular exercise



Reach out to your accommodations office on campus. It is best to BE PROACTIVE and get accommodations in place instead of waiting to see if you recover quickly.