



If a significant impact or motion to the head or body occurs that can cause the brain to move inside the skull that leads one to suspect a concussion

STOP CALL FOR ON-SITE FIRST AID, REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

- RED FLAGS**
- Neck pain or tenderness
 - Seizure, 'fits', or convulsion
 - Loss of vision or double vision
 - Loss of consciousness
 - Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
 - Weakness or numbness/tingling in more than one arm or leg
 - Repeated vomiting
 - Severe or increasing headache
 - 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 period of relative rest (i.e., activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated) for a maximum of 24-48 hours post-injury.

Engage in light physical and cognitive activity that does not result in more than mild and brief* exacerbation (worsening) of concussion symptoms.

- Limit screen time for the first 24-48 hours (smartphones, computers, TV)
- Engage in light cognitive activities (e.g. reading)
- Engage in light physical activity (e.g. walking)

Note: Sleep is important! Do not wake during the night if sleeping comfortably

*Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale. "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

INCREASED RISK OF CONCUSSION IF:

- Currently recovering from a concussion
- Previous history of concussion
- Experiencing persistent concussion symptoms

- CONCUSSION SIGNS AND SYMPTOMS**
- Headache / Pressure in the head
 - Balance problems / Dizziness
 - Nausea or vomiting
 - Blurred vision
 - Light / Sound sensitivity
 - Fatigue or low energy
 - "Don't feel right"
 - Neck pain
 - More emotional
 - More irritable
 - Sadness
 - Nervous or anxious
 - Difficulty concentrating
 - Difficulty remembering
 - Feeling slowed down
 - Feeling like "in a fog"
 - Trouble falling asleep

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a doctor, nurse practitioner, or licensed healthcare professional with relevant training

IF NO SYMPTOMS:
PERFORMERS: Refrain from repeating actions that caused initial impact and/or repetitive jarring motions
ALL WORKERS: Limit physical activity and advise worker to watch for signs and symptoms for 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:

- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

RESUME NORMAL ACTIVITY

For more information on concussions, visit cattonline.com