**DANGER SIGNS**
Seek medical care immediately if symptoms worsen or if there are any behavioral changes.
- Headaches that worsen
- Seizures
- Neck pain
- Unusual behavior change
- Very drowsy, can't be aroused
- Repeated vomiting
- Slurred speech
- Significant irritability
- Can't recognize people and places
- Increasing confusion
- Weakness/numbness in arms/legs
- Less responsive than usual
- Pupils are uneven
- Difficulty walking

**COMMON SIGNS & SYMPTOMS**
It is common to have one or many concussion symptoms.

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>COGNITIVE</th>
<th>EMOTIONAL</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Visual problems</td>
<td>Feeling “foggy”</td>
<td>Drowsiness</td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td>Fatigue</td>
<td>Feeling “slowed down”</td>
<td>Sleeping less</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Sensitivity to light or noise</td>
<td>Difficulty remembering</td>
<td>Sleeping more</td>
</tr>
<tr>
<td>Balance problems</td>
<td></td>
<td>Difficulty concentrating</td>
<td>Trouble falling asleep</td>
</tr>
</tbody>
</table>

**CONCUSSION MANAGEMENT RECOMMENDATIONS**

<table>
<thead>
<tr>
<th>It’s OK to:</th>
<th>No need to:</th>
<th>Do not:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Take acetaminophen for pain</td>
<td>• Stay in bed</td>
<td>• Take aspirin, ibuprofen or naproxen for first 48 hours</td>
</tr>
<tr>
<td>• Use ice pack on head and neck for comfort</td>
<td>• Wake up every hour</td>
<td>• Drive until cleared by medical provider</td>
</tr>
<tr>
<td>• Sleep (rest is very important)</td>
<td>• Check eyes with light</td>
<td>• Use guns or machinery until cleared by medical provider</td>
</tr>
<tr>
<td>• Eat a light diet</td>
<td>• Test reflexes</td>
<td></td>
</tr>
<tr>
<td>• Get mental and physical rest</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HOW DO YOU RECOVER FROM A CONCUSSION?**
- Your brain needs time to heal. There is no medication that will cure a concussion, only to treat symptoms such as headache or nausea. Rest is the best “medicine”.
- Until you completely heal you will be restricted from exercise/athletic activity and cognitive activity
- You should NOT participate in any activities that could result in another head injury (e.g., sports, physical education, riding a bike, horseback riding, roller coasters etc.) or physical activities that increase your heart rate. While recovering, you are more vulnerable to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death.
- Exercise or cognitive activity that involves a lot of concentration or noise such as:
  - Computer work
  - Reading for extended periods
  - Studying
  - Texting
  - Playing video games
  - Loud or bright environments such as movie theatres and concert
  - Wearing head phones/ear buds
  - May cause concussion symptoms (such as headache or tiredness) to reappear or worsen
- Do not drive unless cleared to do so by your health care provider.
- Adequate sleep is key:
  - Extending your usual sleep time is best
  - Nap earlier in the day if needed, but not late afternoon or early evening
- Students may need to miss a few day of school or postpone tests. Adults may need to miss a few days of work.
- If you are an athlete, when your symptoms are completely gone, you will perform a stepwise supervised return to play protocol. Before returning to your sport, you must be re-evaluated by your physician or neuropsychologist and cleared for a full return.

For referrals or appointments, please call **713.441.8277** or visit [houstonmethodist.org/concussion](http://houstonmethodist.org/concussion).