Returning to school after a concussion can be challenging. A concussion is a traumatic brain injury that affects how your brain functions. Some people may have very few symptoms and others may have very severe symptoms that persist for a long period of time.

Remember, in some cases post-concussive syndrome may impact you even after the initial symptoms subside. It is important to monitor your condition over time both personally and with a qualified medical professional.

Possible Symptoms

- Early symptoms may include: headache, dizziness, nausea, and/or vomiting.

- Over the next hours and days symptoms may include: mood disturbances, cognitive changes, sensitivity to light and noise, sleep disturbances.

- Seek immediate care for: inability to waken, severe or worsening headache, confusion, restlessness, difficulty with vision, vomiting, fever, stiff neck, weakness or numbness involving any part of the body.

- Post Concussive Syndrome is common after a traumatic brain injury and is a symptom complex that includes headache, dizziness, mood changes and cognitive impairment.

Next Steps for Students

1. Make an appointment at Health & Wellness
2. Create a return and management plan with Health & Wellness. This may include:
   - Dean's Letter
   - Accommodations through Student Accessibility Services (SAS)
   - If impact is severe, a Health Leave

Next Steps for Student-Athletes

1. Make an appointment with your athletic trainer
2. Create a return and management plan with your athletic trainer and athletic academic support coordinator. This may include:
   - Dean's Letter
   - Accommodations through Student Accessibility Services (SAS)
   - If impact is severe, a Health Leave
Self-Care Suggestions for Managing Your Concussion

**Suggestion 1: Get Plenty of Rest**

In the first few days after a concussion, rest is the most appropriate way to allow your brain to recover. Your healthcare provider will recommend that you physically and mentally rest to recover from a concussion.

**Suggestion 2: Limit Activities**

Rest will include limiting activities that require thinking and mental concentration. It is recommended to abstain from these activities for the first two days after a concussion such as playing video games, watching TV, doing schoolwork, reading, texting or using a computer.

You should avoid physical activities that increase any of your symptoms, such as general physical exertion, sports or any vigorous movements, until these activities no longer cause your symptoms.

**Suggestion 3: Gradually Increase Activity**

After a few days of rest, you can gradually increase daily activities such as screen time if you can tolerate it without triggering your symptoms. You can start both physical and mental activities at levels that do not cause a major worsening of symptoms.

Avoid any activities that have a high risk of exposure to another head injury until you are fully recovered.

**Suggestion 4: Practice Headache Management**

Self-care includes the treatment of your symptoms including headache management. For management of headache, contact your healthcare provider to ask if it is safe for you to take Tylenol.