



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

**AFTER 48 HOURS:**  
Follow Return to Work strategy  
Follow Return to Activity strategy  
Follow Return to School strategy  
Follow Return to Sport strategy

**IF SYMPTOMS OBSERVED WITHIN 48 HOURS**

**IF NO SYMPTOMS OBSERVED AFTER 48 HOURS**

- ### 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](http://cattonline.com).