

## THE DO'S AND DON'TS OF CONCUSSIONS

### DO

- Contact Competitive Edge immediately.
- Go to the hospital immediately if displaying any of the following symptoms; Change in behaviour, vomiting, significant dizziness, worsening headache, double vision, or excessive drowsiness.
- Get lots of sleep and rest.
- Listen to your symptoms!  
*Use your symptoms as a guide of what activities are OK and what to avoid.*
- Find simple, restful activities to entertain yourself.  
*Examples include listening to audio books, simple puzzles, listening to or playing music quietly, baking, cooking, drawing, crafts, quiet socializing*

### DON'T

- Participate in any physical activity.
- Use digital screens  
*Avoid watching TV, playing video games, using a computer or cell phone.*
- Study, read, do homework to go to school until directed to.
- Attend events with loud noise, bright lights, or a chaotic environment.
- Ignore your symptoms.  
*You should avoid any activities that trigger an increase in symptoms.*

### The Protocol

