

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

