A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP

REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- Neck pain or tenderness
- Double vision
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- 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

CONCUSSION SIGNS AND SYMPTOMS

- Headache
- Dizziness
- Nausea
- Blurred vision
- Light/Sound sensitivity
- Imbalance
- Ringing in the ears
- Seeing “stars”
- Irritability
- Fogginess
- Fatigue
- Difficulty concentrating
- Poor memory
- Neck pain
- Sadness
- Confusion

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner *)
* If applicable in your area

IF NO SYMPTOMS OBSERVED WITHIN 48 HOURS
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS
Resume normal activity

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

Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

AFTER 48 HOURS:

For more information, visit cattonline.com