Learn more about the need for **prevention**, **recognition**, and **management of concussion**.

**CATT**

CONCUSSION AWARENESS TRAINING TOOL

www.cattonline.com
**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:**
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

**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:**
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

**RESUME NORMAL ACTIVITY**

**MENTAL HEALTH**
- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

**FOLLOW MEDICAL ADVICE, AND:**
Follow initial recovery protocol of physical and cognitive rest (2 days max), including:
- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving, schoolwork)
- Limited physical activity

**Note:** Sleep is important! Do not wake during the night if sleeping comfortably

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

**FOR MORE INFORMATION ON CONCUSSIONS, VISIT CATTONLINE.COM.**