

**Concussion Awareness and Advice Card - IF IN DOUBT, SIT THEM OUT**

**Date of Concussion (Day 0)**

Home Life, Work and Education	Physical Activity
<p>Take a break. Focus on reducing your 'screen-time' for the first 24-48 hours because this will help your recovery</p>	<p align="center"><b>Days 0-6 (week 1)</b></p> <p>After 24-48 hours of rest (and reduced screen time), it is important that you start some light, aerobic exercise.</p> <p>Walking, swimming, gently cycling on the flat. A mild increase in symptoms is OK but if more than that, stop.</p> <p>Concentrate on your home life, getting enough sleep and start to think about school or work</p>
<p>Early steps. Focus on daily activities at home for a couple of days</p>	<p align="center"><b>Days 7-13 (week 2)</b></p> <p>If everything is going to plan, and you are feeling well, you can start to increase the exercise you do. Gradually increase the duration first and then the intensity but keep it light. No heavy gym sessions!</p>
<p>Increase your load. Focus on limited study/work. Discuss with your school or employer about returning part-time or doing limited hours each week from home. Don't be too ambitious and try to rush this.</p>	<p align="center"><b>Days 14-20 (week 3)</b></p> <p>You should now be back working or studying part-time and still feeling well. This is the time to start training for sport, without putting your head at risk of further injury. The type of training you do will vary from sport to sport but it should NOT involve any risk of another head impact.</p>
<p>Return to a routine. Focus on starting back at school or work on a part-time basis and see how you feel. It may take a while before you can work a full 7-hour day or 2-3 days in a row. This is entirely normal.</p>	<p align="center"><b>Days 21-28 (week 4)</b></p> <p>You are back at school or work full-time now, and you have included a full week of sport-specific training. You feel 'back to normal' (any symptoms are at pre-injury levels). You can now start full training but <u>any activity that involves a significant risk of head injury should be avoided for the full 28 days</u>. If all goes well, and you are still feeling 100% by the end of this week, you are ready to return to competition at 28 days</p>
<p>Get back to normal. Focus on how you feel, sleep and cope with stress. You are now back at school or work full-time and you have enough energy left over to think about regular training and sport</p>	
RED FLAGS	GENERAL ADVICE
<p><b>If symptoms deteriorate - seek urgent medical advice</b></p>	<p>No two concussions are the same</p>
<p><b>Drowsiness that persists or increasing headaches - seek urgent medical advice</b></p>	<p>If you have a history of migraine or are taking medication (e.g., for a learning issue), this may alter the speed at which you recover</p>
<p><b>Exercise that provokes more than mild symptoms should be stopped immediately and you should revise your program.</b></p>	<p>The younger you are, the longer it normally takes to recover</p>
<p><b>After a concussion, never return to any activity that involves a risk of head injury until you feel 100% and have returned to a full program at work or school</b></p>	<p>Physical activity and aerobic exercise that does not bring on symptoms can actually improve the rate of recovery</p>
<p><b>If you still have symptoms after 28 days - seek medical advice (which may in turn require specialist referral and review)</b></p>	<p><b>If you still have symptoms after 28 days - seek medical advice (which may in turn require specialist referral and review)</b></p>