

# Recovery Tips

### RECOGNIZE

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- A concussion is caused by a hit to the head or body, causing the brain to quickly move back and forth and hit the skull.
- This causes chemical changes, damaging the brain cells.

### RESPOND AND REFER

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- If you see signs of a concussion or your child complains of symptoms, immediately remove them from play.
- Do not allow them to return to play.
- Notify the coach and other appropriate people of the suspected concussion.
- Take your child to a healthcare provider with concussion experience.

### RECOVER

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- Find a healthcare provider with experience in concussion treatment and management.
- Rest and activity modification are important, especially right after the injury.
- Screen (TV, tablet, computer, phone, video games) usage should be modified. Less is more.
- Naps are not encouraged. A full night's sleep (8 hours) is recommended.
- A healthy, well balanced diet and adequate hydration are helpful.
- Academic concerns should be discussed with teachers, and if applicable, additional school staff such as nurses, counselors, and administrators.
- Your child's healthcare provider should guide return to physical activity. Return to full participation cannot occur without medical clearance.