



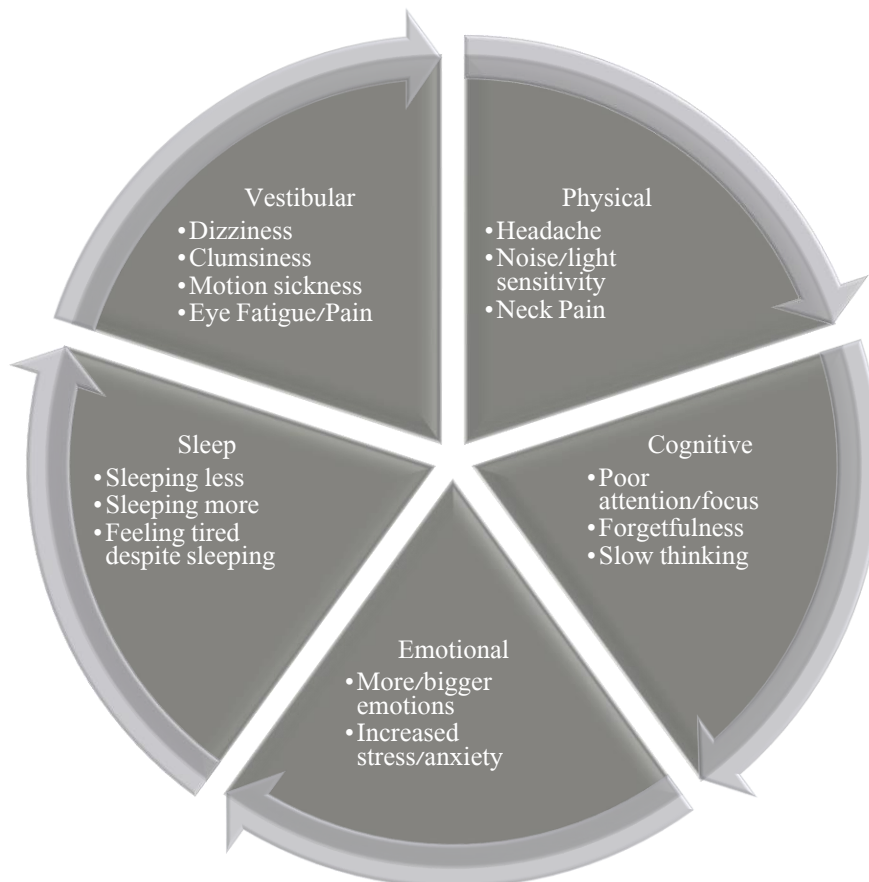
What is a concussion? *A short-term disruption in brain functioning caused by a blow to the head OR body*

- *Concussion typically causes a fast onset of short-lived changes/symptoms.*
- *Symptoms may change for the hours following a concussion*
- *Loss of consciousness is not necessary to have a concussion*
- *A direct blow to the head is not necessary to have a concussion*
- *Concussion does not cause bleeding or swelling in the brain*

What should you expect: most people with a concussion recover quickly and completely.

- But some things can help athletes feel better and get back to play quicker, which is why you should follow our recommendations

Common symptoms of concussion





UNL DEPARTMENT OF ATHLETICS

800 Stadium Drive, Lincoln, NE 68588-0128

Post-Concussion Information Sheet

Do:

- A responsible person needs to check in with you for 12 hours after your concussion
- Have someone drive you for 48 hours after your concussion
- Attend any appointments for the Drug Treatment Protocol (if applicable)
- Take any prescription medications as prescribed
- Eat a normal diet
- Sleep
- Stop if something makes you feel much worse
- Use Tylenol/acetaminophen for headaches

Do NOT:

- Attend or participate in practice or team activities until cleared to do so
- Hit your head again
- Consume alcohol or drugs
- Ride a scooter/bike/longboard/etc
- Take Advil/Aleve/Motrin/ibuprofen

If you experience any red flags, you need to contact your ATC and go to the nearest Emergency Department immediately.

- Red Flags after concussion:
 - One pupil larger than the other
 - Drowsiness or inability to wake up
 - A headache that gets worse and does not go away.
 - Slurred speech, weakness, numbness, or decreased coordination.
 - Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
 - Unusual behavior, increased confusion, restlessness, or agitation.