

Home Care Instructions for a Concussion

If any of these signs and symptoms gets worse please seek further medical care at your nearest emergency room immediately.

Headache	Nausea	Vomiting
Fatigue	Fogginess	Confusion
Dizziness	Lightheadedness	Slurred Speech
Difficulty Remembering	Poor Coordination	Irritability
Delayed Responses	Sensitivity to light and/or sound	

If you notice any of the following please seek further medical care at your nearest emergency room immediately.

Clear fluid or blood from nose or ears	Difficulty breathing
Decreasing level of consciousness	Convulsions or tremors
Uncontrollable eye movements	Unequal pupil size
Vomiting more than once	Difficulty maintaining arousal

Follow these guidelines below for the 24- 48 hours:

Do not take any medicines especially anything with aspirin, ibuprofen, or naproxen

Do not participate in physical activities

Drink plenty of fluids

Get plenty of rest

Keep computer, tv, video games and cell phone usage to a minimum

Wake-up periodically if still experiencing significant symptoms at bed time

Eat a well balanced diet not caffeine, alcohol or spicy foods