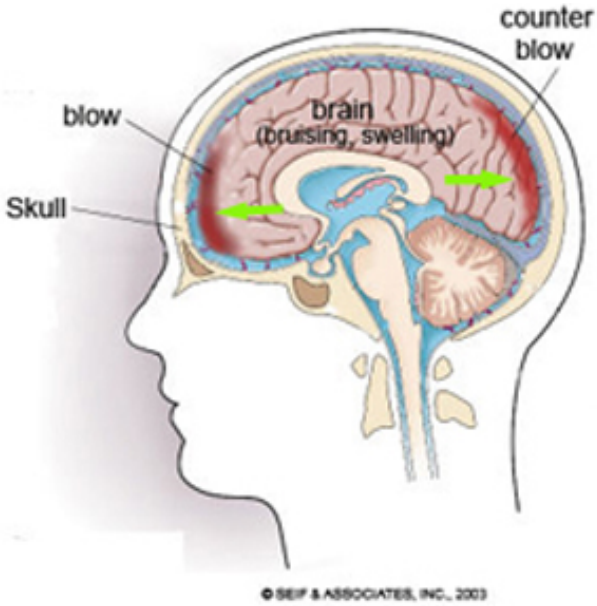
Concussion and Brain Injury

A blow (*hit*) to the head can stop the brain from working normally. This is called a concussion. It is usually not life-threatening. But the results of the injury can be serious. Problems caused by the injury might show up right away. Or, problems might show up days or weeks later. Getting better might take some time.



HOME CARE

To take care of yourself:

- Rest.
- Return to normal activities (driving, work, or school) **ONLY** when your doctor says it is okay.
- Avoid high impact activity and sports, until your doctor says it is okay.
- Take medicines only as told by your doctor.
- **Do not** drink alcohol, until your doctor says it is okay.
- Until you feel better, **do not** make important decisions without help.

Make sure you:

- Have someone around who can watch you for any changes in the first 24 hours.
- Set up a time to see your doctor for a checkup, within 1 week.

GET HELP IF:

For more than 3 weeks after your injury:

- You have strong headaches.
- You are dizzy or sick to your stomach (*nauseous*).
- You get confused.
- You feel tired all the time.

GET HELP RIGHT AWAY IF:

- Your headaches get worse, or you get more confused.
- You have vision changes.
- You have any blood or watery liquid coming out of your nose.
- You feel weak or numb.
- You have any neck or back pain, that your doctor did not check out.
- You keep throwing up (*vomiting*), or you start shaking (*convulsions*), or you pass out.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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