You have suffered a head injury. Head injuries can commonly cause a mild disturbance of brain function. When this happens the injury is called a concussion.

Symptoms include:
- Headaches
- Mild confusion
- Unsteady feeling when walking
- Feeling cloudy
- Concentration problems
- Feeling tearful or irritable
- Delayed reaction times

Careful observation is important to determine if more significant injury has occurred. Symptoms usually improve within a few days. However, you must seek immediate medical care if symptoms worsen. A responsible person should stay with you to be sure that none of the symptom below are developing. (S)he should periodically ask questions such as your name, date, location etc. to verify no worsening of speech or memory. If you are unable to answer correctly or if you appear confused, you must seek medical care immediately. It is not necessary to be awakened overnight. Individuals with a concussion will recover more rapidly if they are allowed to sleep.

Medication
Take acetaminophen (Tylenol) for headache and discomfort.
DO NOT TAKE Ibuprofen, Motrin, Aleve, Aspirin
DO NOT TAKE prescription pain medications
DO NOT TAKE sleeping medications

Diet
Keep diet light, with clear fluids for the first 12-24 hours after injury. Avoid high fat foods. NO ALCOHOL!

Activity
Physical Rest: avoid strenuous activity for at least 24 hours — Return to sports will be gradual based on medical advice.
Brain Rest: No computer/video games/texting/loud music/studying
Driving: Do not drive until medically cleared

If you need further advice or if you have any medical concerns, you may return to Student Health Services without an appointment. Or you can speak with an Advice Nurse by calling (860) 486-3427. Or you can call 911 for transportation to a local Emergency Room.