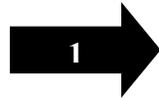
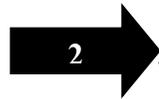


Incident of injury:
Blow to the head or body in any form i.e., whiplash, hit, fall
The reality: Your brain has been injured and your brain is what makes you think and feel.
Be aware of the immediate signs of a concussion.



Immediate signs of a concussion:

- ❖ Feeling dazed/confused
- ❖ Blurred vision
- ❖ Loss of short term memory
- ❖ Numbness/tingling
- ❖ Headaches
- ❖ Nausea/vomiting
- ❖ Sensitivity to light/noise
- ❖ Fatigue

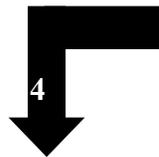


STOP:
Stop all activity and get thoroughly assessed by a



FOLLOW the doctor's advice and share the information with your family and support system.

Stop all physical activity. Cut out or limit screen time i.e., computer, cell phone texting, reading, television time as it makes the brain work hard much like walking on a broken leg. Cut down on noise and light – consider wearing sunglasses even indoors if pain is significant enough. If you do not follow these directions, your symptoms will increase and you will delay your return to work, school and life in general.



ACCEPT STAGE:

Accept the short term absence from work/school. Time off is an investment in healing.

People that return to work/school/activity too soon take the risk of re-injury. Rest and self care is the one and only answer.



Be aware of the following and reach out to those that can help:

The following side effects of a concussion can be very difficult to manage on your own. Discuss them openly with family, your partner, workplace representative, doctor as it will help:

- ❖ Irritability
- ❖ Difficulty trying to focus or retain information.
- ❖ Fatigue – being tired a lot and need sleep
- ❖ Sense of responsibility or guilt for not working, participating in normal activities.
- ❖ Pressure from outside sources to go to work, school “return to normal.”
- ❖ Feeling angry/sad/out of control at times

If your feelings are more intense or you do not feel comfortable in discussing the issues with people around you, professional consultation can help. Examples of side effects that require professional help include:

- ❖ Increased depression
- ❖ Feeling of self harm
- ❖ Hopelessness
- ❖ Intensified anger
- ❖ Sense of giving up.

“it is a very difficult and confusing thing to deal with. People do not see my injury and so they simply don’t get it. Sometimes I feel like putting a cast on my head and maybe people will take me seriously.” Concussion client

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THE GO AHEAD – WHAT TO DO

- ❖ When you have the go ahead from your doctor, begin light re-entry into physical activity: light walking around your home, treadmill, stairs.
- ❖ If no symptoms occur within 24 hours, increase activity gradually to day to day activities – walking, some reading/computer time.
- ❖ If any symptoms return, **STOP EVERYTHING** and consult with your doctor
- ❖ Remain focused on healing and keep reading follow/accept boxes as they are the only way you will return to life in a healthy/successful way

Remember that nothing is as important as your health. This injury is serious and can become worse if you rush back to work/school/life too early. A successful return to your routine requires support, patience, understanding, focus and self care.



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