





















## ***What NOT to do***



***Do not stay in bed*** until you are better. You do need sleep at this stage, but you also need to give your brain some activity to help it to recover.

***Do not drink alcohol or use drugs.*** Do not expect your brain to deal with alcohol and drugs in the normal way. The effect of alcohol is very similar to the effect of concussion, and after a concussion drink is more likely to set your recovery back.



***Do not drive your car or ride your motorcycle*** until you have made sure that your concentration is good, that you can react quickly enough to handle unexpected



traffic hazards, and that your ability to judge distances is back to normal. This includes ATVs, scooters and bicycles.

***Do not play sports.*** Do not put yourself in a position where you are likely to get another blow to the head. Avoid activities where you might hit your head again until you have recovered from this accident.

***Limit television, computer use, handheld games and cell phone texting*** because these activities can make you more tired and increase the time it takes for your brain to heal.



## Getting Back to Work



Check with your health care provider before returning to work. Generally, if you are not experiencing persistent headaches, have no double vision and are not experiencing ongoing dizziness, then you are probably ready to return to work.

The best time to return to work will depend on how you are feeling and on the type of job that you are required to perform.

Level of fatigue or tiredness will also be important in how you perform at work. When first returning to work, it may be necessary to take extra breaks or to return on a part-time basis for a few days.

Remember that tiredness can affect your level of concentration, and you will not work as efficiently if you are not concentrating well. You may need to talk to your employer and your health care provider about the most suitable arrangements for returning to work.

## Getting Back To School

If you are a student, you may also need some time off. When you return, you will need to take things a little easy at first. You may experience some of the problems that are outlined above. For example, you may find that it is harder to concentrate in class. It's also possible that you may not be able to do things as quickly as you are used to doing them, or that you forget details. You may find that a noisy classroom makes you irritable, or that you get very tired.

It is important to let your instructors know that you have had a concussion. It may be helpful to provide them with some information which will give them a better understanding of the difficulties you might be experiencing.



### Some useful strategies

- Contact the Office of Students with Disabilities for accommodations while recovering
- Check with your health care provider
- Take extra time to complete work
- Take frequent breaks
- Record lectures

## Further Advice or Assistance

If your symptoms continue and/or if you find you are anxious, or "stressed out," you may need more support.

The first step is to see your health care provider. In some cases it may be helpful to get a referral to see a specialist in head injury. Sometimes an assessment with a neuropsychologist or other health care specialist may need to be arranged.



**Go to the Emergency Department *immediately* if the person:**

- Becomes **unconscious** or unable to wake up
- Becomes **confused** (they don't make sense)
- Has **uncontrollable movement** of the face or limbs
- **Vomits repeatedly**
- Has **persistent** headaches
- Has **severe dizziness**

## **Additional Resources**

- **Brain Injury Association of Oklahoma**  
(800) 444-6443  
[www.braininjuryoklahoma.org](http://www.braininjuryoklahoma.org)  
Provides information, education and support to assist Oklahomans and their families currently living with traumatic brain injury.
- **Progressive Independence Inc – Center for Independent Living**  
(800) 801-3203  
[www.progind.org](http://www.progind.org)  
Provides information on consumer choice in all aspects of independent living by offering information and referral, individual and systems advocacy, peer counseling, medical equipment loans, and skills training.
- **OASIS**  
(Oklahoma Area-wide Services Information System)  
(800) 426-2747  
<http://oasis.ouhsc.edu>  
Provides information, referral and assistance to Oklahomans with disabilities and special health care needs.
- **Office of Disability Concerns**  
(405) 521-3756 or (800) 522-8224  
[www.ok.gov/odc/index.html](http://www.ok.gov/odc/index.html)  
Provides information and referral on specific disabilities, housing, financial assistance, transportation, civil rights and other disability related subjects.
- **Traumatic Brain Injury Project**  
Oklahoma State Department of Health  
(405) 271-3430 or (800) 522-0204  
<http://ips.health.ok.gov>  
Provides a Traumatic Brain Injury Service Directory with a list of traumatic brain injury services and resources.

