Concussion Do's and Don'ts: The first few days of recovery

know how they can help you.



🔽 Don't use

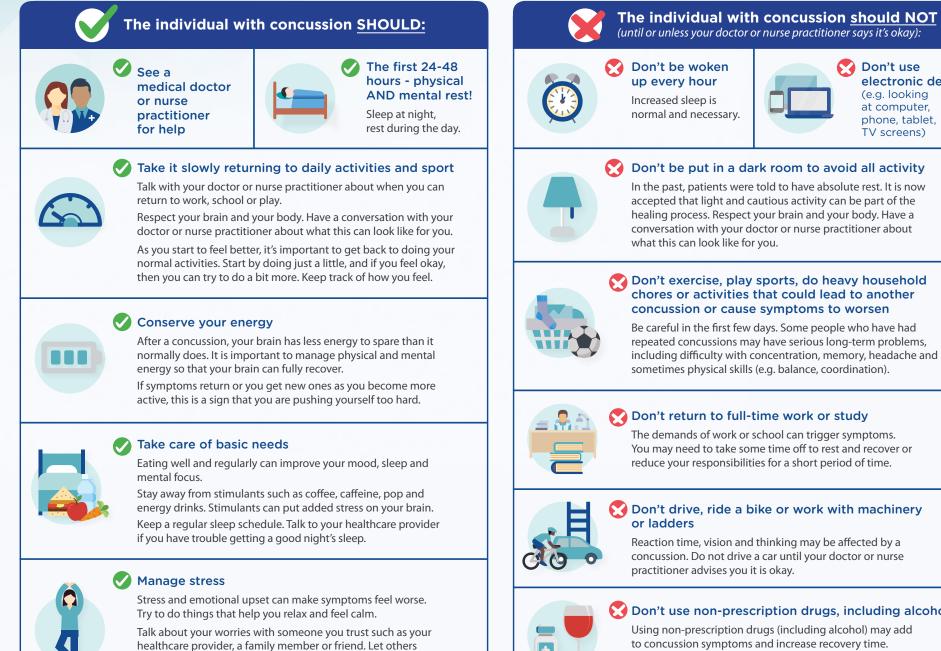
(e.g. looking

at computer,

TV screens)

phone, tablet,

electronic devices



Don't return to full-time work or study

You may need to take some time off to rest and recover or reduce your responsibilities for a short period of time.

🗙 Don't drive, ride a bike or work with machinery

Reaction time, vision and thinking may be affected by a concussion. Do not drive a car until your doctor or nurse

Don't use non-prescription drugs, including alcohol

Using non-prescription drugs (including alcohol) may add to concussion symptoms and increase recovery time. Only take medications that your doctor has approved.