



If your head or body was hit or jolted, you might have a brain injury and a concussion.

This information is adapted from the CDC Heads Up series, What To Do After a Concussion, cdc.gov/concussion. Paid in part by a grant from the Health and Human Resources and Services Administration to the NYS Department of Health, Grant #H21MC06742.



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See other side for more information.

New York State Department of Health
nystateofhealth.ny.gov

For health insurance information:

and in search box type: TBI

www.health.ny.gov

For general information:

Brain Injury Association of New York State

or go to: www.bianys.org

800-444-6443 (Monday-Friday, 8am-4pm)

with a support group, call toll free:

For help, information or to connect

a brain injury each day.

New Yorkers sustain

More than 400

not alone.

You are

Seek emergency medical care right away if **any** of the following happen:

- Worsening or severe headache
- Slurred speech
- Seizures
- Repeated vomiting
- More confused or restless
- Difficulty with balance, walking
- Difficulty with vision
- Unable to stay awake when you would normally be awake
- **Any** symptom that concerns you, family members, or friends

To feel better...

- Rest. Get plenty of rest and sleep.
- Slowly and gradually return to your routine.
- Avoid activities that are physically demanding or need concentration.
- Ask your physician when you can safely drive, ride a bike or operate heavy equipment.
- Do not drink alcohol.

You may have symptoms that may not surface until days, weeks or even months after the injury. It is recommended you follow up with a physician experienced in brain injury **especially** if you have any of these symptoms:

PHYSICAL SYMPTOMS

- Headaches
- Balance problems
- Blurred vision
- Dizziness
- Nausea
- Trouble falling asleep
- Sleeping more or less than usual
- Sensitivity to noise or light

THINKING AND EMOTIONS

- Feeling mentally “foggy”
- Irritable
- More emotional
- Nervous or anxious
- Difficulty remembering new information

See other side for more information.