



Concussion

Start your recovery from a concussion by following this advice ...

Recovery time after suffering from a concussion varies. No matter how long it takes, these are the keys to recovering well.

Recovery tips

- Communicate with your Athletic Trainer
- Physical and mental rest (limited reading, no electronics, no working out, no practice,)
- No alcohol
- No prescription or non-prescription medications without medical supervision
- No driving or biking for several days

Signs to watch for

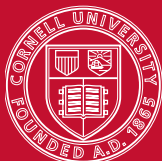
Problems could arise over the first 24–48 hours. Follow up with your Athletic Trainer, or go to Cornell Health or the hospital immediately if you experience (or someone else notices in you) any of the following danger signs:

- Headache that gets worse
- Extreme drowsiness
- Difficulty recognizing people or places
- Repeated vomiting
- Unusual behavior, confusion or irritability
- Seizures (arms and legs jerk uncontrollably)
- Weak or numb arms or legs
- Unsteadiness or slurred speech

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Checklist

In addition to taking care of your health, be sure to do the following as part of your recovery process:

- Follow up with your athletic trainer

- Follow up with your physician

Please sign and submit the release of health information form so Cornell Health can notify your Dean's office and/or Academic Advising office about your concussion. Thank you.

Additional information just for you: