

Self-Care for Concussion

How to take care following a concussion:

- Make sure to rest — no school or work — for the first 24 hours following the injury.
 - **AVOID:** video games, computers, reading, texting, and watching television
- Wait to resume vigorous physical activity until speaking with a health care provider.
- Drink clear fluids for the first 8 hours.
 - This includes: water, sports drinks (such as *Gatorade*), and fruit juice
 - **AVOID:** Milk products, drinks with caffeine or stimulants, and alcohol
- When you're awake, monitor your pulse every 2 hours.
- It's key to make sure someone is checking up on you every 1-2 hours while you sleep to monitor your skin color and how you're breathing. If these seem concerning, they'll need to wake you up. If all seems normal, they won't need to disturb you.
- Acetaminophen (such as *Tylenol*) every 4-6 hours may be taken for pain relief and treating a headache.
 - **AVOID:** Anti-inflammatory medications such as ibuprofen or naproxen sodium (such as *Motrin, Advil, Aleve*)
- **If you have any concerns or questions, you can call Medical Services anytime 212-854-7426** (After business hours, a triage specialist will answer the phone and make recommendations for care).

If you experience any of the following, call CUEMS (4-5555 on campus) or 911 or go to the nearest emergency room immediately:

- A severe headache that is not helped by acetaminophen
- Vomiting more than 2 or 3 times
- Convulsing or having a seizure
- Feeling weak or not being able to move arms or legs
- Stumbling, feeling unbalanced, or having difficulty with motor control
- Very sleepy and unable to be awakened easily
- Atypical eye movements, problems with focusing the eyes, or difference in the size of your pupils
- A breathing rate of less than 10 breaths per minute or a pulse less than 50 beats per minute