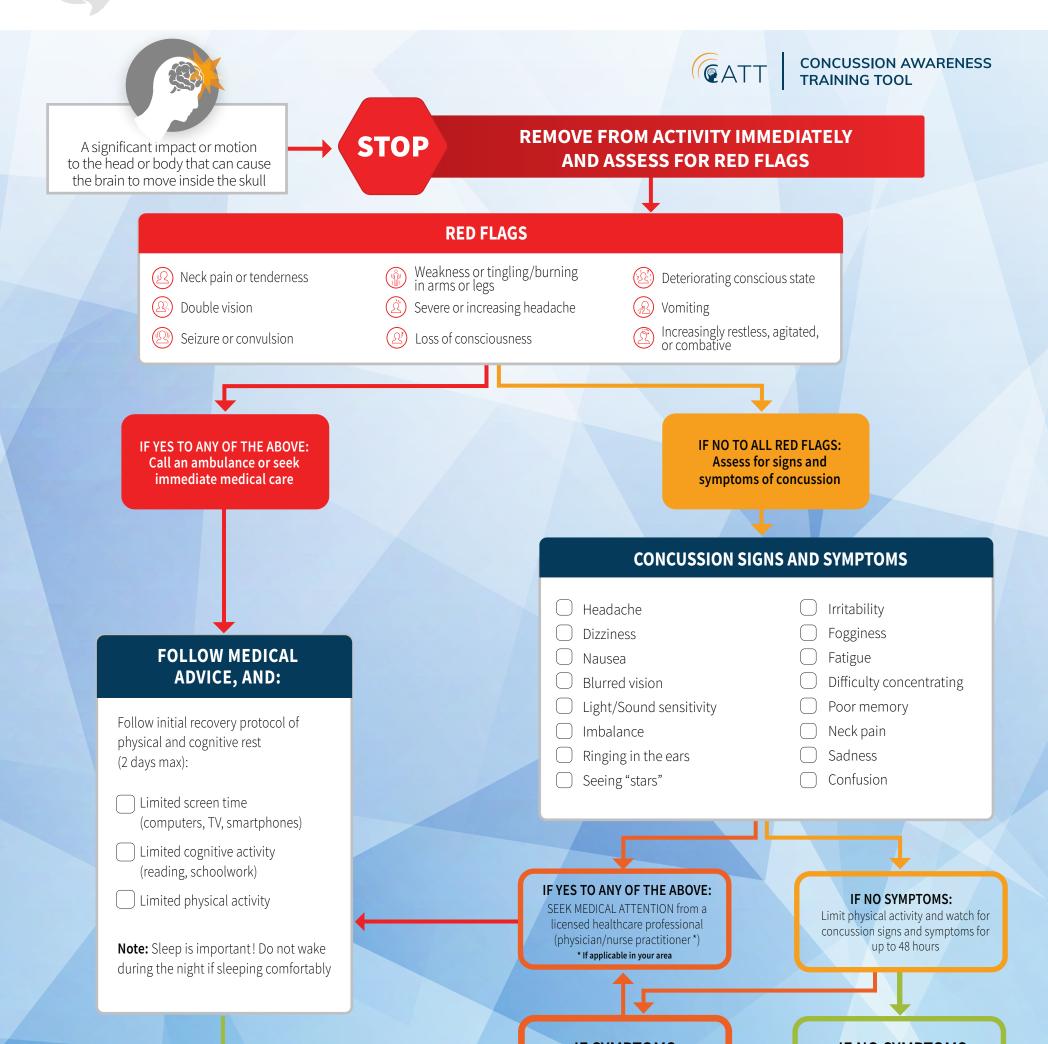
# **Concussion Awareness, Response, and Management**

A concussion is a brain injury and should be taken seriously.

If you suspect a concussion, please report it to the principal and child's parent/guardian.



#### IF SYMPTOMS OBSERVED WITHIN 48 HOURS



## MENTAL HEALTH

# **AFTER 48 HOURS:**

Follow Return to Activity protocol Follow Return to School protocol Follow Return to Sport protocol

During the course of recovery from	() More
a concussion, seek medical	) Irrita
attention for mental health	$\bigcirc$
challenges as needed, such as:	Sadr

$\bigcirc$ More emotional	Nervousness or anxiousness
🗌 Irritability	Trouble falling asleep
Sadness	Depression

### RESUME NORMAL ACTIVITY

# For more information on concussions, visit cattonline.com.











