



## Start your recovery by taking it easy. As symptoms improve, you may gradually return to regular activities.

Recovery from a concussion means you can do your regular activities without experiencing concussion symptoms. Recovery from a concussion may be slower among older adults, young children, and teens. People who have had a concussion in the past may also find that it takes longer to recover.

### The First Few Days

- Take it easy the first few days after a concussion when symptoms are more severe.
- You may need to take a short time off from work or school, although usually no more than 2 to 3 days.
- Ask your doctor for written instructions about when you can safely return to work, school, or other activities, such as driving a car.



### As You Start to Feel Better

- As you start to feel better after the first few days of your injury, you can gradually return to regular (non-strenuous) activities, such as taking a short walk.
- Avoid activities that make your symptoms come back or get worse.



### When Symptoms Are Nearly Gone

- When your symptoms are mild and nearly gone, you can return to most of your regular activities.
- If your symptoms do not get worse during an activity, then that activity is OK for you. If your symptoms get worse, you should cut back on that activity.

## Taking these steps may help speed your recovery:

- Avoid activities that can put you at risk for another injury to your head and brain.
- Stay connected to friends and loved ones and talk with them about how you are feeling.
- Ask your doctor about medications that are safe to take during recovery to help with symptoms (for example, ibuprofen or acetaminophen for headaches).
- Limit screen time and loud music before bed, sleep in a dark room, and keep to a fixed bedtime and wake-up schedule.

**If you do not think you are getting better or your symptoms are getting worse, tell your doctor. Your doctor may refer you to a specialist.**

*The information provided in this handout is not a substitute for medical or professional care. Questions about diagnosis and treatment for a concussion should be directed to your healthcare provider.*