

SAINT IGNATIUS
WILDCATS



What to expect after a Concussion?

You have been evaluated for and diagnosed with a possible Concussion.

It is safe for you to go home but you may still experience symptoms. Some symptoms may appear right away, while others may not be noticed for hours after the injury. Some common symptoms include:

- Difficulty thinking clearly
- Feeling slowed down or difficulty concentrating
- Headache, nausea or one episode of vomiting
- Sensitivity to light
- Irritability, sadness, nervousness or anxiousness.

Please contact Maureen Sizemore with any questions. Contact number: 216-970-8672

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Symptoms for which you should go to the emergency room or contact [athletic trainer] include:

- Repeated vomiting
- Headache that is worsening
- Getting more confused, restless or agitated
- Weakness or numbness
- Any other symptom that concerns you or your family members.

You should have relative rest for both your brain and your body. If you have significant symptoms, you should avoid reading, texting, watching TV or game film and anything else that uses your brain. If any of the above makes your symptoms worse, stop that activity and do something else.

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