

Returning to activity from a concussion/mild traumatic brain injury

Your child needs to gradually return to work/school, activities and sport.

A concussion is a brain injury. Concussions are usually caused by a bump, blow or shake to the head or body. A concussion changes how the brain normally functions and a concussion takes time to heal. Children who return to activity too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage.

Please inform your child's school teachers/coach that your child has a concussion.

Signs and symptoms

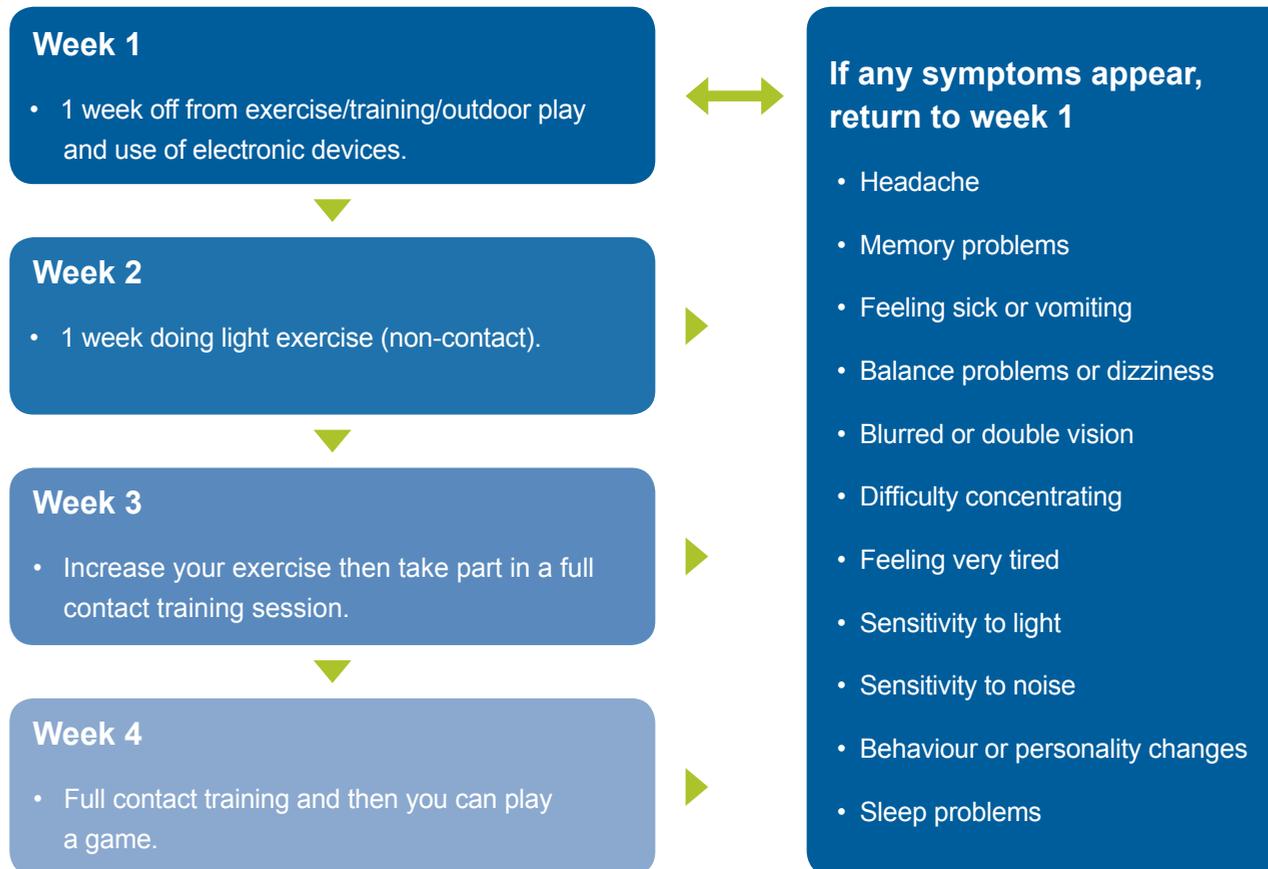
- Headache
- Memory problems
- Feeling sick or vomiting
- Balance problems or dizziness
- Blurred or double vision
- Difficulty concentrating
- Feeling very tired
- Sensitivity to light
- Sensitivity to noise
- Behaviour or personality change
- Sleep problems

If you are concerned that your child has persistent symptoms, they should be reviewed by a doctor again.



Your child's return to activities and sport programme following a concussion/mild traumatic brain injury

Move to the next stage if no symptoms appear



For SportSmart concussion resources, please go to www.accsportsmart.co.nz/concussion

If your child plays sport competitively, please refer to the relevant Sports Code Guideline for additional information or other restrictions which may apply.

It is important to see a doctor in **7–10 days** for a further assessment to identify any ongoing symptoms and provide advice for return to activities such as school and sport.