

Taking Care After A Concussion

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

A concussion is a brain injury caused by a bump, blow, or jolt to the head that changes the way your brain works normally. A concussion can affect thinking, language, learning, emotions, behavior, and sleep.

Most people with concussion recover quickly and fully. However, sometimes symptoms can last for days, weeks, or longer.

Rest is very important because it helps the brain to heal. Exercising or activities that involve a lot of concentration, such as working on the computer, driving, studying, or playing video games may cause concussion symptoms to get worse or reappear.

After a concussion:

- Get plenty of sleep at night, and rest during the day;
- Avoid activities that are physically demanding or require a lot of concentration; and
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.

Visit our website for more information on recovering after a concussion:
www.cdc.gov/concussion.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.