

What to do...

If a concussion is suspected

Most people have heard about concussions, but very few know exactly what to do if they ever sustain one. Concussions can happen on falls, accidents, sports injuries, and even explosions! Although there's no such a thing as concussion prevention, **baseline testing and knowing what to do are the best ways to be prepared for a concussion.**

4 STEPS TO TAKE IF A CONCUSSION IS SUSPECTED

- 1 Stop what you're doing!**
If you start experiencing symptoms or someone recognizes signs of a concussion on you, stop performing any activity immediately.
- 2 Seek medical care:**
*Find trained providers at **ConcussionCareProviders.com**. They'll use multiple tools and techniques to check for a concussion.*
- 3 Get an FDA-approved post-injury concussion test:**
If you have previously been baseline tested, even better. Providers can compare your baseline scores to your post-injury ones.
- 4 Wait for medical permission to return to activity:**
Whether you need to go back to work, school, or sports; strictly follow your doctor's return to activity protocol to guarantee a smooth recovery.