



A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Most people with a concussion recover quickly and fully. Don't push yourself too hard. Stop these activities and take more rest to gradually feel better.

Tips to help you get better:

<ul style="list-style-type: none"> Get plenty of sleep at night, and rest during the day. 				
<ul style="list-style-type: none"> Thinking/Remembering (gear icon) Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or r 	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
<ul style="list-style-type: none"> Physical (person icon) 	Headache	Nausea or vomiting (early on)	Sensitivity to noise or light	Feeling tired, having no energy
<ul style="list-style-type: none"> Emotional/Mood (lightning bolt icon) 	Fuzzy or blurry vision	Dizziness	Balance problems	
<ul style="list-style-type: none"> Sleep (eye icon) 	Irritability	Sadness	More emotional	Nervousness or anxiety
	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

Some activities may require a lot of concentration (e.g., sustained computer use, video games).

- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.



There are many people who can help you and your family as you recover from a concussion. You do not have to do it alone. Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. If you do not think you are getting better, tell your doctor.

For more information and resources, please visit CDC on the Web at: www.cdc.gov/Concussion.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

