Concussion

Start your recovery from a concussion by following this advice ...

Recovery time after suffering from a concussion varies. No matter how long it takes, these are the keys to recovering well.

Recovery tips

• Physical and mental rest (this means no sports or exercise/working out, and limited reading and no use of electronics)
• No alcohol
• No prescription or non-prescription drugs without medical supervision
• No driving or biking

Signs to watch for

Problems could arise over the first 24–48 hours. Call Cornell Health (607-255-5155) or go to the hospital immediately if you experience (or someone else notices) any of the following danger signs:

• Headache that gets worse
• Extreme drowsiness
• Difficulty recognizing people or places
• Repeated vomiting
• Unusual behavior, confusion or irritability
• Seizures (arms and legs jerk uncontrollably)
• Weak or numb arms or legs
• Unsteadiness or slurred speech
Checklist

In addition to taking care of your health, be sure to do the following as part of your recovery process:

• Follow up with your athletic trainer

• Follow up with your physician

Please sign and submit the release of health information form so Cornell Health can notify your Dean’s office and/or Academic Advising office about your concussion. Thank you.

Additional information just for you: