

You are

not alone.

More than 500

New Yorkers sustain

a brain injury each day.

For help, information or to connect

with a support group, call toll free:

800-444-6443 Monday-Friday, 8am-4pm

or go to: **www.bianys.org**

Brain Injury Association of New York State

For general information:

www.health.ny.gov

and in search box type: TBI

For health insurance information:

nystateofhealth.ny.gov

New York State Department of Health

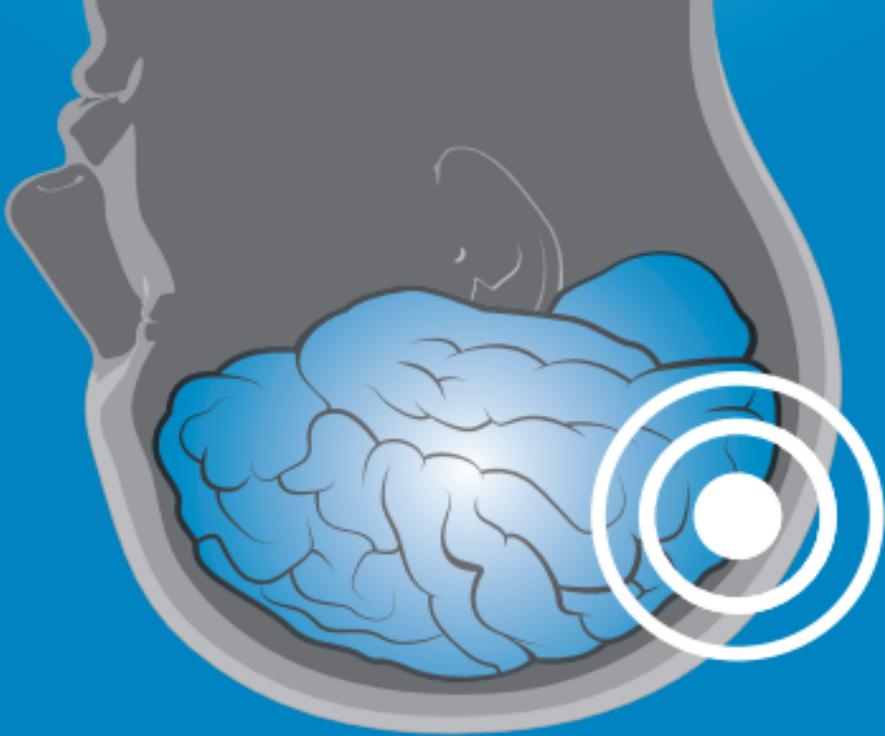
See other side for more information.



**Department
of Health**

This information is adapted from the CDC Heads Up series, What To Do After a Concussion, cdc.gov/concussion. Paid in part by a grant from the Health and Human Resources and Services Administration to the NYS Department of Health, Grant #H21MC06742.

**If your head
or body was
hit or jolted,
you might have a
brain injury and
a concussion.**



Seek emergency medical care right away if **any** of the following happen:

- Worsening or severe headache
- Slurred speech
- Seizures
- Repeated vomiting
- More confused or restless
- Difficulty with balance, walking
- Difficulty with vision
- Unable to stay awake when you would normally be awake
- **Any** symptom that concerns you, family members, or friends

To feel better...

- Rest. Get plenty of rest and sleep.
- Slowly and gradually return to your routine.
- Avoid activities that are physically demanding or need concentration.
- Ask your physician when you can safely drive, ride a bike or operate heavy equipment.
- Do not drink alcohol.

You may have symptoms that may not surface until days, weeks or even months after the injury. It is recommended you follow up with a physician experienced in brain injury **especially** if you have any of these symptoms:

PHYSICAL SYMPTOMS

- Headaches
- Balance problems
- Blurred vision
- Dizziness
- Nausea
- Trouble falling asleep
- Sleeping more or less than usual
- Sensitivity to noise or light

THINKING AND EMOTIONS

- Feeling mentally “foggy”
- Irritable
- More emotional
- Nervous or anxious
- Difficulty remembering new information

See other side for more information.