

CONCUSSION: THE FIRST TWO DAYS!

It's important to know what to look for and what to do if you think a concussion has happened. Concussion symptoms can happen right away, or up to two days after the event.

Concussion red flags:

If a player appears to have any of the following symptoms, they must see a doctor right away:

- Neck pain
- Increasing confusion
- Repeated vomiting
- Seizures or convulsions
- Double vision
- Weakness or tingling/burning in arms or legs
- Decreasing levels of consciousness
- Bad or worsening headache
- Unusual behaviour changes

Visit RugbySmart.co.nz to find out more about the *Graduated Return to Learn/Work* and *Graduated Return to Play*.

In the first two days:

If no Red Flags but you think they might be concussed, make sure they:

- See a doctor
- Are with someone responsible and don't go home alone
- Do not drink alcohol or take drugs
- Do not drive
- Rests = no exercise, thinking tasks and screens (TV, cell phones, computers)

Returning to play, school and work:

To give players the best chance for a full recovery, it's important to follow best practice. All concussed players should follow the Graduated Return to Learn/Work (GRTL/W) process and complete the Graduated Return to Play (G RTP).