

## Basics of Concussion Care

### SLEEP



- Make sure to get 8-10 hours of sleep per night
- Limit napping
- No napping after 3 p.m.

### NUTRITION



- Make sure to eat regular meals even if they are smaller
- Have a serving of protein with every meal

### SCHOOL



- Make sure the school is aware of your head injury
- If needed, may hold off on returning to school for 1-3 days

### HYDRATION



- Make sure that you are drinking plenty of water throughout the day

### ACTIVITY



- No contact activity until seen by your physician
- Light daily walking as tolerated is encouraged

### ROUTINE/ SCHEDULE



- Your brain will recover faster if you maintain a regular routine or schedule

## Extra Tips

### ELECTRONICS



- Use only in small increments
- Turn the brightness down

### OUTDOORS



- Refrain from swimming in the ocean during big surfs
- Avoid strenuous hikes

### P.E./ACTIVITY CLASSES



- Do not participate until cleared by your physician

### OTHER



- May use sunglasses and ear plugs for light/noise sensitivity short term

### MUSIC



- Only as tolerated, this is dependent on the instrument and how large the class is

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