# Concussion Recognition & Aid

This playbook outlines the steps for identifying a concussion and the initial first aid response. It includes guidelines for monitoring symptoms and determining when to seek medical attention for the injured person.

### Step 1: Safety

Ensure the injured person is in a safe location. Avoid moving them if a neck or spine injury is suspected unless there is an immediate danger.

### Step 2: Assessment

Look for signs of concussion such as confusion, headache, dizziness, blurred vision, nausea, or balance problems.

### Step 3: Questioning

Ask simple questions to assess the injured person's orientation and memory, such as the current location, time, or recent events.

### Step 4: Observation

Monitor the person for changes in consciousness, worsening symptoms, or new symptoms emerging. Keep them awake and alert if possible.

### Step 5: Limit Activity

Advise the person to stop any physical or strenuous activities immediately. Rest is crucial following a concussion.

### Step 6: Seek Medical Help

If any symptoms of a concussion are present, or if there is uncertainty, seek professional medical assistance as soon as possible.

### Step 7: Continued Monitoring

While awaiting medical help or after being seen by a health professional, continue to monitor the person closely for any deterioration or persistent symptoms.

### Step 8: No Medication

Do not administer pain relief medication like aspirin or ibuprofen without medical advice, as these can increase bleeding risks.

## General Notes

### Information Collection

Gather as much information as possible about the event that led to the injury and any symptoms that followed, to relay to medical professionals.

### Emergency Signs

If the injured person experiences seizures, repeated vomiting, or loss of consciousness, call emergency services immediately.

### Legal Requirements

Be aware of any legal requirements for reporting and documenting injuries if the concussion occurred during a sporting event or in a work setting.