

# CONCUSSION

## MYTHS & FACTS

### Seriousness

Concussions are not a serious condition and they will get better on their own

Concussions are a serious condition. Research shows that seeing a concussion care specialist the first few days after injury shortens time to recover

### Cause

A concussion happens only with a blow to the head

A direct blow to the head or blow to the body that results in force transmitted to the head can cause a concussion

### Signs and Symptoms

You must lose consciousness (black out) to have a concussion

Someone doesn't need to black out to have a concussion. Signs and symptoms can be different for everyone, ranging from headache to memory changes.

### Rest

Concussion patients should be awakened every few hours after injury

After being stable for 4-6 hours, concussion patients should rest for the first 24-48 hours and maintain normal sleep schedules

### Social Interaction

Concussion patients should avoid all cell phone, tablet, and computer use during recovery

Concussion patients can use technology in moderation to maintain social interactions

### Return to Learn

Concussion patients should not attend school until they feel better

Concussion patients can go to school as long as symptoms don't get worse. They may need some environmental, physical, curriculum, or testing accommodations

### Physical Activity

Physical activities should not be allowed after a concussion until symptoms resolve

Light physical activity is recommended after the initial rest period following a concussion

For more information, visit [concussion.umich.edu/education/faqs-about-concussion](https://concussion.umich.edu/education/faqs-about-concussion)