

Concussion – Instructions and after care

A concussion usually results from a blow to the head. There may be no visible injury, but the brain can still be temporarily affected.

Typical symptoms that require immediate assessment at the Jukola main first aid station:

- Loss of consciousness (even briefly) or memory loss of the event or events leading up to it
- Headache
- Dizziness or nausea
- Confusion or drowsiness
- Blurred vision or double vision
- Balance or coordination difficulties
- Fatigue, irritability, or difficulty concentrating

Some symptoms may begin immediately, while others may develop hours after the injury.

Follow-up Instructions

1. First 24 hours

- Avoid being alone during the first 24 hours.
- An adult should wake the person with a concussion 1–2 times during the first night to ensure they respond normally.
- Rest calmly – avoid physical and mental strain.

2. Avoid the following activities during the first few days:

- Sports and physical activity
- Screens such as mobile phones, computers, or TVs
- Alcohol and sedative medications
- Driving or operating machinery if symptoms are present

Seek emergency care immediately if any of the following occur:

- Loss of consciousness (even briefly)
- Severe or worsening headache
- Vomiting
- Vision, speech, or balance disturbances
- Seizure
- Decreased level of consciousness or abnormal behavior
- One pupil larger than the other

Return to normal life and activity

- You may return to light daily activities once symptoms have clearly improved.
- Return to sports should happen gradually, often under medical supervision.
- Full recovery may take several days or weeks.