



Concerned you have a concussion?

Visit your family doctor, nurse practitioner or an emergency doctor who can diagnose your concussion.

OUTCOME #1

They do not suspect a concussion. However, see a medical professional right away if your symptoms get worse.

OUTCOME #2

They suspect or diagnose a concussion. See the "Concussion Do's and Don'ts" resource to manage your symptoms over the first few days.

OUTCOME #3

They are concerned you may have a more serious brain injury. You may require immediate medical care at a hospital or by a specialist.

You have been diagnosed with a concussion

You should have a follow-up appointment with your family doctor within 1-2 weeks of diagnosis to check symptoms.

Keep track of your symptoms over time. Your family can help you with this. Write down how you think and feel, and any changes in your mood and sleep.

See a medical doctor right away if your symptoms get worse.

My symptoms are getting better ← **My symptoms are NOT getting better**

- Continue to see your family doctor or nurse practitioner until your symptoms are gone
- You should receive information and helpful resources

CHECK-IN: Do you still have symptoms more than a few weeks after your diagnosis?

My symptoms are getting better

- See your family doctor or nurse practitioner regularly as part of your recovery
- Get help on when and how to start doing regular activities again

My symptoms are NOT getting better

- See your family doctor or nurse practitioner for a re-assessment
- Ask if you need a referral to other healthcare providers or to a concussion clinic
- See a medical doctor with experience in concussion for a second opinion
- Talk about warning signs for persistent-concussion symptoms

- Follow up with referrals (as needed)
- Get new information and helpful resources from each healthcare provider you see

- See your family doctor, nurse practitioner and other healthcare providers regularly as part of your recovery
- Get help on when and how to start doing regular activities again

I am better and my symptoms are gone

I can fully return to work, school, sports/recreation and family activities