

---

## What Should I Do?

- Seek medical attention as soon as possible after any injury where there may be a chance of a concussion
- Be honest with your provider
- Your provider will evaluate you and will determine when it's safe for you to return to duty

## Warning Signs

After initial evaluation, if you experience any of the following, seek *immediate* medical attention:

- Worsening headache
- Worsening balance
- Double vision or other vision changes
- Decreasing level of alertness
- Increased disorientation
- Repeated vomiting
- Seizures

Additional Information:  
Defense and Veterans Brain Injury Center  
[www.dvbic.org](http://www.dvbic.org)



Developed by:  
Battlemind Transition Office  
&  
Proponency Office for  
Rehabilitation & Reintegration

Version 3.0  
25 January 2010  
Reviewed by SME Panel 5 and 10

---

## Concussion / mTBI Information

### *For the Time of Injury (Acute)*

---



## What Happened to Me?

You had a concussion, which is also called a “mild traumatic brain injury” (mTBI).

## What is a Concussion?

- A concussion is a head injury from a hit, blow, or jolt to the head that briefly knocks you out (loss of consciousness), or makes you confused or “see stars” (change in consciousness)
- Immediately or soon after the concussion, you may have disorientation, headaches, dizziness, balance difficulties, ringing in the ears, blurred vision, nausea, vomiting, irritability, temporary gaps in your memory, sleep problems, or attention and concentration problems

## How Long Does It Last?

- Almost everyone recovers from concussion
- Symptoms usually begin to improve



within hours to days and in most cases completely resolve

- Even if you’ve had more than one concussion, full recovery is expected; however, with each additional concussion your healing could take longer

## Recovery

- Recovery is different for each person and is dependent on the nature of the injury
- The most important thing you can do is to allow yourself time to heal
- It’s very important to be honest about your symptoms and let your medical provider decide when it’s time to return to duty

## Why is Concussion Important?

- Often after a concussion, Service members think they are OK, yet they’ve actually had an injury that needs attention
- Symptoms after concussion reduce your effectiveness which could impair your performance and endanger your mission
- If you get another concussion before healing from the first one, you are at greater risk for a more serious injury

## Healing from a Concussion

### *Things that Enhance Healing*

- Get a medical evaluation as soon as possible and let your medical provider decide when it’s time to return to duty
- Get plenty of rest and sleep
- Protect yourself from another concussion: avoid contact sports, combatives, etc
- Let others know that you’ve had a concussion so they can watch out for you
- Return *immediately* to your medical provider if you’re feeling worse or experiencing any warning signs

### *Things that Impair Healing*

- Another concussion before healing from this one
- Alcohol and drug use
- Caffeine or “energy-enhancing” products
- Aspirin, ibuprofen, and other over-the-counter pain medications unless instructed by your doctor
- Sleeping aids and sedatives unless instructed by your doctor