



## I HAVE A CONCUSSION: Where do I start?

The [Living Guideline for Pediatric Concussion Care](#) provides healthcare providers (like medical doctors) with the best information and ways to help and support youth like you who have a concussion. After a concussion, it can be hard to know what kind of help you need and how to get it. Use the information below to help you get started with your journey towards concussion recovery, and to get back to things that you need, want and love to do.

### I think I have a concussion. What do I do?



#### TELL SOMEONE

Having a person or a group of people who can support you (your support system) during your concussion is important. This could be your parents/ caregivers, a loved one, or friends. Tell someone about your concussion and be honest with them about how you are feeling.



#### GET HELP

Contact your medical doctor (or a nurse practitioner; NP). They can diagnose a concussion and perform medical tests to see if you have other serious injuries.



#### SHARE THE GUIDELINE

Tell your medical doctor or NP about the Living Guideline so they can help you best.



#### DESCRIBE YOUR SYMPTOMS

Your medical doctor or NP will ask how your mind and body feel. Be honest and tell them **what** and **how** you are feeling so they can give you the support you need. [Look at this concussion symptom infographic](#) for more information.



#### MAKE A PLAN

Your medical doctor and other healthcare providers can help you make a plan to get back to the things you need, want and love to do. If you have had a concussion before or know a friend who also has a concussion, try not to compare your new plan with your old one, or to your friend's plan. Healthcare providers can work with you and others (e.g. parents/ caregivers) to create a plan that works for you based on what you need to help you get better.



#### STAY CONNECTED

Having people to talk to as you work through your plan is important. Like your healthcare providers and others, your support system will help you get back to the things you need, want and love to do.