

**YOU HAVE A  
SUSPECTED  
CONCUSSION**

## SEEK URGENT MEDICAL ATTENTION IF YOU EXPERIENCE...

- New persistent neck pain
- Increasing confusion
- Repeated vomiting
- Seizures or convulsions
- Double vision
- Weakness or tingling/  
burning in arms or legs
- Decreasing levels of  
consciousness
- Bad or worsening  
headaches
- Unusual behaviour  
changes

## YOU MAY BE EXPERIENCING...

- headaches
- blurry vision
- dizziness
- difficulty with bright light and/or  
loud noises
- tiredness
- problems with memory
- trouble thinking or concentrating
- more emotional
- irritability

Remember symptoms can be  
delayed up to 48 hours.

## DURING THE FIRST 48 HOURS YOU SHOULD NOT...

- drive
- drink alcohol
- take recreational drugs
- do any physical activity
- do any thinking tasks
- use screens as they emit a blue  
light that is hard on your brain
- for the first four hours you should  
not sleep, but you should rest.

If symptoms get worse, see a doctor  
immediately.

## COMPLETE A GRADUATED RETURN TO PLAY, LEARN AND WORK

- go to [nzrugby.co.nz/](https://nzrugby.co.nz/)  
concussion for more information
- get medical clearance from  
a doctor before returning to  
contact training The minimum  
time before you can return to  
playing a game is  
21 days.

If you still have symptoms this  
could take longer