

**YOU HAVE A  
SUSPECTED  
CONCUSSION**

**Rugby**  **Smart**

  
NEW ZEALAND  
**RUGBY**

## 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.

## WHEN YOU VISIT A DOCTOR

To have your appointment  
fully funded, see the list  
of doctors involved in the  
pilot at [rugbysmart.co.nz/  
research/concussion-  
management-pathway-pilot](http://rugbysmart.co.nz/research/concussion-management-pathway-pilot)

Take your access code with  
you, this will be emailed to  
you once your concussion  
has been logged.

If you would like to see your  
own doctor, keep your receipt  
and we will reimburse you.

## TO RETURN TO PLAY...

- complete a Graduated  
Return to Play, Learn and  
Work. Go to [rugbysmart.  
co.nz/injuries/concussion](http://rugbysmart.co.nz/injuries/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 (19+)  
or 23 days (U19). If you  
still have symptoms this  
could take longer