

## FOR HEALTH CARE PROFESSIONALS

- **Nebraska's Injury Prevention Program** offers an online course for Nebraska licensed health care professionals as a comprehensive overview and guide for best practices in concussion recognition and management.

For links to the course and other resources:

[www.dhhs.ne.gov/concussions](http://www.dhhs.ne.gov/concussions)

- **The Centers for Disease Control and Prevention**

Resources for Health Care Providers:

<http://www.cdc.gov/traumaticbraininjury/providers.html>

- **Nebraska Traumatic Brain Injury Online Training**

Four free training courses provide education on the causes, symptoms, and treatment of traumatic brain injury (TBI):

[http://www.braininjury.ne.gov/Traumatic\\_Brain\\_Injury\\_Online\\_Training.html](http://www.braininjury.ne.gov/Traumatic_Brain_Injury_Online_Training.html)



## ADDITIONAL RESOURCES

- **Information on the Affordable Care Act Marketplace or for Health Insurance Marketplace enrollment assistance**

In your area contact:

Community Action of Nebraska  
(402) 471-3714

[www.canhelp.org/navigator](http://www.canhelp.org/navigator)

- **Nebraska Brain Injury Advisory Council**  
Connect with support groups, state and local resources, and learn about educational opportunities:

[www.braininjury.ne.gov](http://www.braininjury.ne.gov)

All due care has been taken in preparing this information, but the authors do not accept responsibility for the results of specific action taken on the basis of this information.

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# Concussion and Brain Injury

## Take the Next Step



- **Nebraska Department of Health and Human Services**
- **Nebraska Brain Injury Advisory Council**
- **Brain Injury Alliance of Nebraska**

This brochure is available in other languages and formats upon request.

Whether you've been diagnosed with a concussion or brain injury, or just suspect you have one, you may have questions about the next steps to take.

For most people, symptoms from a concussion or brain injury fade or go away after a few days, weeks, or months. If you are experiencing symptoms or problems related to a concussion or brain injury, Partners for Brain Injury want to help you take the next steps.



### STEP 1

Take time to complete the symptom checklist in this brochure. Share it with your physician or healthcare professional. Seek medical care immediately if you experience danger signs such as a headache that won't go away, numbness, or decreased coordination, repeated vomiting, nausea, or slurred speech.

### STEP 2

Contact a Brain Injury Resource Facilitator, who can:

- Answer your questions about brain injury
- Consult with you and your family to identify concerns and help access needed services and supports
- Guide you and your family in resolving difficulties with agencies and organizations
- Educate professionals and service providers about brain injury

### BRAIN INJURY RESOURCE FACILITATOR

Brain Injury Alliance of Nebraska  
Toll Free (844) 423-2463  
[www.biane.org](http://www.biane.org)  
E-mail: [cwyatt@biane.org](mailto:cwyatt@biane.org)

### STEP 3

Recovery after concussion or brain injury depends on many factors. To feel better you can:

- Get plenty of rest and sleep
- Slowly and gradually return to your routine
- Avoid activities that are physically demanding or could lead to a second injury
- Ask your physician or healthcare professional when you can drive safely, ride a bike, or operate heavy equipment

### SYMPTOM CHECKLIST

Some symptoms may not surface for days, weeks, or months after an injury. Complete this checklist, tear it off, and share with your physician or healthcare professional if you have any of the following symptoms:

#### PHYSICAL

- Headaches
- Balance problems
- Blurred vision
- Nausea
- Trouble falling asleep
- Sleeping more or less than usual
- Sensitivity to noise or light
- Other concerns \_\_\_\_\_

#### THINKING AND EMOTIONS

- Feeling mentally "foggy"
- Irritable
- More emotional than usual
- Nervous or anxious
- Difficulty remembering new information
- Other concerns \_\_\_\_\_