

9 Questions to Ask a Healthcare Professional If You Think You Have a Concussion

If you don't "feel right" or are experiencing symptoms after a bump, blow, or jolt to the head, you should get checked for a concussion. You might feel like you are OK or that your [symptoms](#) are not serious. But remember that a concussion is a brain injury. A concussion can lead to short- or long-term health effects that make it hard to do your regular activities, like work and school. But getting checked by a healthcare professional can help speed your recovery.

Healthcare professionals have tests to check for concussion and can create a treatment plan to help you get better. Asking questions and following instructions from your healthcare professional are important first steps.

Here are nine questions you might ask your healthcare professional when getting checked for a concussion.

1. What are things my loved ones and I need to watch for at home that would require that I get emergency care?
2. What medications are safe to take during recovery from concussion?
3. When can I safely return to driving?
4. Is it ok to return to work or school if I have concussion symptoms?
5. Can you give me written information to share with my job or school about my symptoms and tips to help with my recovery?
6. What activities should I avoid while I'm recovering?
7. How can I best monitor my symptoms at home? What symptoms or changes in symptoms do I need to report back to you?
8. When should I schedule a follow-up appointment?
9. Do you have advice on what to share with my friends and loved ones about my injury and recovery?

You can bring this list with you and add other questions you may have. When possible, ask a family member or friend to give you a ride and go with you to your appointment. Symptoms of concussion can make it hard to drive safely. A family member or friend can also help take notes, and you can focus on the conversation with your healthcare professional.

For more information on concussion, including where to find a healthcare professional, please contact the Brain Injury Association of America's National Brain Injury Information Center at 1-800-444-6443.