

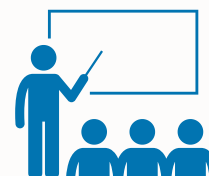
# Return to Work or School

Graduated return to work/school using symptom score as a guide.  
(**mild** less than 3 points and **brief** settles within an hour)

## Work



- May need to work shorter hours and/or less days
- If less days don't work on consecutive days
- Work in morning and rest in afternoon
- Gradually increase hours and days using symptom score to guide return. (symptom increase mild and brief)
- Don't increase hours and days at same time.
- Take regular breaks
- Plan and Pace work tasks
- Can tasks be adapted to reduce work load?
- Minimise disruptions and distractions
- Can use headphones to reduce distractions.
- Consider how you will get to and from work, as driving will add to fatigue so need to factor this in.



## School

- May need to start back on reduced hours and less days.
- Consider environment – can sick bay be used for rest period during day? Can student sit in a quiet room to work on assignments?
- Avoid collision activities in playground and during PE
- Ask for more time to complete assignments, delay tests/exams.
- Use symptom score to guide activities, gradually increasing activities and stopping if symptom score increases 3 or more points and/or lasts for more than an hour.



Sourced from ACC8319 Concussion Education Sheet