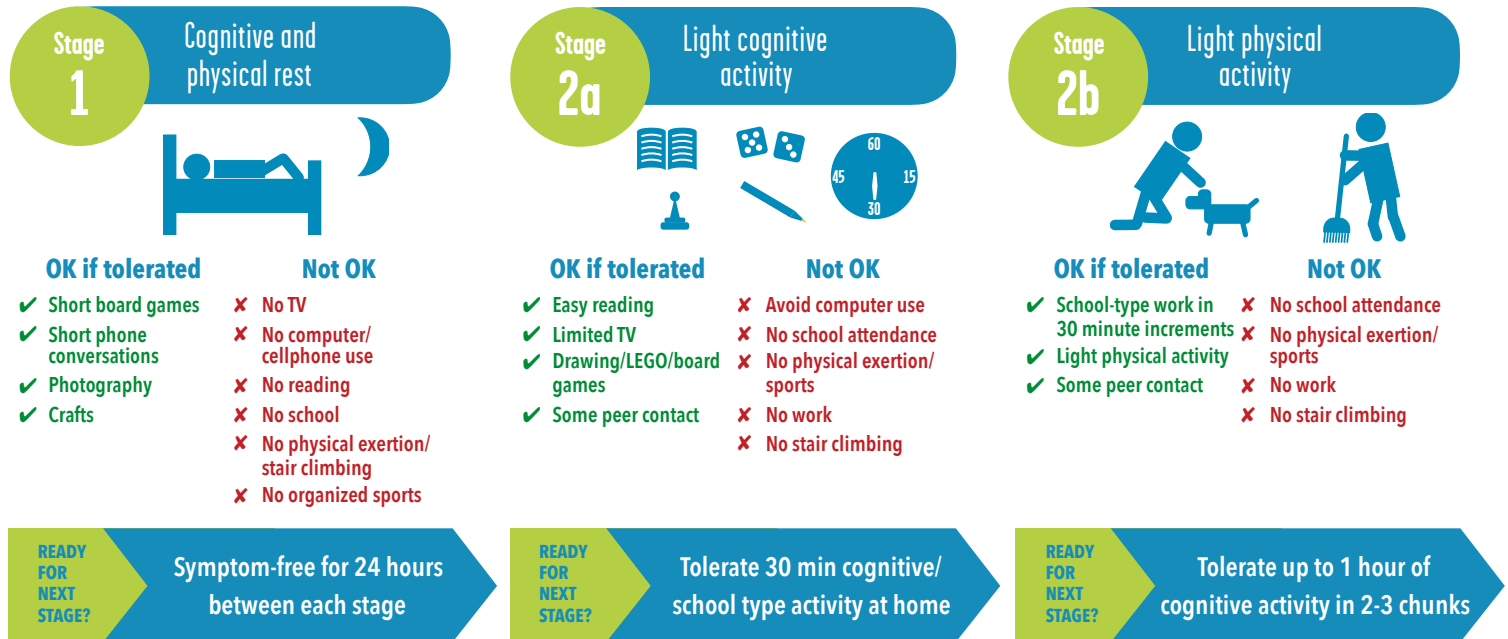


# Parachute's Protocol for RETURN TO LEARN After a Concussion

1. Move forward to the next stage only when Symptom-free for 24 hours
2. If symptoms re-appear, regress to previous stages and only participate in activities that you can tolerate
3. Contact your physician or seek medical help immediately if symptoms worsen

## AT HOME



## AT SCHOOL

