

## Concussion and driving

### Introduction

How someone feels following a concussion can vary significantly, but symptoms commonly include:

- Headaches
- Impaired concentration
- Visual and balance issues
- Fatigue
- Photophobia (difficulties with bright lights)

Driving a vehicle is a complex activity requiring several cognitive and physical skills and impairments caused by a brain injury can put yourself and others at risk.

### When can I drive again after a concussion?

It is recommended that you do not drive for **at least the first 24 hours** following a concussion.

You can return to driving once your symptoms have settled and you feel confident in your ability to do so.

### Do I need to inform the DVLA?

You do not have to inform the DVLA in the first instance. If you have persistent symptoms beyond 3 months you should discuss this with a medical professional who can advise an appropriate action.

This is particularly important if you have a group 2 license (bus and lorry), as this is subject to stricter rules.

### Where can I find out more?

More information is available on the gov.uk website via the link:  
[www.gov.uk/head-injury-and-driving](http://www.gov.uk/head-injury-and-driving)

