

HOME CARE INSTRUCTIONS FOR CONCUSSION IN ATHLETES

Athlete: _____ Date of Injury _____ Sport: _____

Phone Number: _____ Parent/Guardian Name: _____

While participating in athletics your son/daughter sustained a head injury that appears to be a concussion or mild brain injury. Your student-athlete's safety is our main priority and s/he will not be able to return to activity until cleared by a licensed medical professional who can certify s/he is aware of the current medical guidance on concussion evaluation and management. Your student-athlete must complete the ACPS supervised Gradual Return to Sports Participation Program prior to being allowed to compete.

In some instances, the signs of a concussion do not become obvious until several hours or even a day after the injury. Headaches, nausea, dizziness, mental fogginess, fatigue, mood changes, etc., may even be a little bit worse the day after injury.

Each person recovers from a concussion a little differently. See below for signs and symptoms that may indicate an emergency or that may be a normal part of concussion recovery.

Concussion symptoms - RED FLAGS!!! Seek immediate medical attention	Concussion symptoms that do not require immediate medical attention	
- Decreasing level of consciousness - Increasing confusion - Weakness or numbness in arms or legs - Eye pupils becoming unequal in size - Repeated vomiting - Seizures - Slurred speech or inability to speak - Inability to recognize people or places - Worsening confusion - Severe or rapidly worsening headache - Persisting double vision - Severe neck pain	- Headache - Nausea - Dizziness - Blurred vision - Feeling eye strain - Balance problems - Sensitivity to light - Sensitivity to noise - Feeling slowed down - Feeling like "in a fog" - Difficulty concentrating - Difficulty remembering	- Fatigue or low energy - Confusion - Drowsiness - More emotional - Irritability - Sadness - Nervous or anxious - Trouble falling asleep - Needing more sleep

Please follow these instructions for home care:

Acceptable Care Measures	Measures You Should Not Take
- Use an ice or heat pack for head and neck comfort - Eat a normal diet and stay hydrated - Go to sleep or rest - Talk to HCP or AT about limiting screen time - Take all currently prescribed medications (including those for ADHD, migraines, depression, anxiety etc.	- Check eyes with flashlight - Wake up every hour - Allow child to drink alcohol - Allow child to drive if symptomatic - Strenuously exercise - Allow child unlimited screen time while recovering from concussion

