

## Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

\* Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.

\*The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

• Repeating the same questions/comment	• Feeling sluggish, hazy or slowed down	• Concentration or memory problems (forgetting game plays)
• Pressure in head	• Drowsiness	• Nervousness or anxiety
• Nausea or vomiting	• Neck Pain	• Irritability
• Balance problems or dizziness	• Change in sleep patterns	• More emotional
• Blurred, double, or fuzzy vision	• Amnesia	• Confusion
• Headaches	• Don't feel right	• Sadness
• Sensitivity to light or noise	• Fatigue or low energy	• Feeling foggy or groggy

### Signs observed by teammates, parents and coaches include:

• Appears dazed or stunned	• Moves clumsily or is uncoordinated	• Can't recall events after hit
• Vacant facial expressions	• Answers questions slowly	• Seizures/convulsions
• Confused about assignments or position	• Slurred speech	• Any change in typical behavior/personality
• Forgets sports plays	• Shows behavior/personality changes	• Loses consciousness
• Is unsure of game, score, or opponent	• Can't recall events prior to hit	

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. **The IHSA/IESA policy** requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA/IESA schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Insist that safety comes first.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/headsup/youthsports/index.html>

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Student Athlete Name (Printed)

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Student Athlete Name (Signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian (Printed)

\_\_\_\_\_  
Parent or Legal Guardian (Signature)

\_\_\_\_\_  
Date