

## Concussion Home Instructions

Your son/daughter has potentially sustained a head injury. In some instances, signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms.

- Headache (especially one that increases in intensity\*)
- Nausea and vomiting\*
- Difference in pupil size from right to left eye, dilated pupils\*
- Mental confusion/behavior changes
- Dizziness
- Memory loss
- Ringing in the ears
- Changes in gait or balance
- Blurry or double vision\*
- Slurred speech\*
- Noticeable changes in the level of consciousness (difficulty awakening, or losing consciousness suddenly)\*
- Seizure activity\*
- Decreased or irregular pulse OR respiration\*

### **\*Seek medical attention at the nearest emergency department or call 911**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions.

Things that are <b>OK</b> to do:	Things that should <b>NOT</b> be allowed:	Things that are <b>NOT</b> needed:
<ul style="list-style-type: none"> <li>-Take acetaminophen (Tylenol)</li> <li>-Use ice packs on head or neck as needed for comfort</li> <li>-Eat a light diet</li> <li>-Go to sleep (rest is extremely important)</li> <li>-Return to school (unless otherwise specified)</li> </ul>	<ul style="list-style-type: none"> <li>-Strenuous activity or sports</li> <li>-Lift weights</li> <li>-Use cell phone or tablet/computer (NO SOCIAL MEDIA)</li> <li>-Drive while symptomatic</li> <li>-Take ibuprofen, aspirin, naproxen, or other non-steroidal anti-inflammatory medication</li> <li>-Drink alcohol</li> </ul>	<ul style="list-style-type: none"> <li>-Check eyes with flashlight</li> <li>-Wake them up every hour</li> <li>-Test reflexes</li> </ul>

**\*Please remind your child to check in with the School Nurse prior to going to class, on the first day he/she returns to school. Your child should also follow up with the Certified Athletic Trainer after school.**