

## Concussion Notification for Parents/Guardians

Student Name \_\_\_\_\_

Activity \_\_\_\_\_

Date \_\_\_\_\_

Dear Parent:

Your child has symptoms consistent with a concussion. At the time of evaluation, there was no sign of any serious complications.

He/she will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-24 hours.

Call 9-1-1 and go to the nearest Hospital Emergency Department for the following:	
Headache that worsens	Cannot recognize people or places
Seizure (uncontrolled jerking of arms/legs)	Looks very drowsy/Cannot be awakened
Weakness or numbness of arms/legs	Increased confusion and/or irritability
Repeated vomiting	Unusual behavior
Loss of consciousness	Slurred speech
Lack of balance/unsteadiness on feet	Drainage of blood/fluid from ears or nose
Changes in vision (double, blurry vision)	Loss of bowel and/or bladder control

### Recommendations

1. AVOID medications like ibuprofen (Motrin, Advil) or aspirin for the next 48 hours due to the potential of increased bleeding risk in the brain.
2. Acetaminophen (Tylenol) can be tried but often will not take away a concussion headache. DO NOT give narcotic pain medication like codeine.
3. Check for normal breathing every few hours while sleeping but DO NOT wake your child up unless you are concerned. If he/she can't be aroused, call 911 immediately.
4. Make an appointment to see a physician within 72 hours. Inform your child's teachers about the injury. Keep your child out of school if symptoms are severe or worsened by reading or studying.
5. No activities like afterschool sports and PE, and no physical exertion until your child is evaluated and cleared by a physician (MD/DO) trained in the diagnosis and management of concussions. Athletes who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
6. Refer to:  
<http://www.cifstate.org/sports-medicine/concussions/index> or  
<http://www.cdc.gov/TraumaticBrainInjury/> for more information regarding concussions.