

Denison ISD Home Instructions for Concussion

Athlete: _____ Date of Injury: _____ Sport: _____

Your son/ daughter has sustained a head injury. In some instances, the 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.

1. Headache (especially one that increases in intensity*)
2. Nausea and vomiting*
3. Difference in pupil size from right to left eye, dilated pupils*
4. Mental confusion/ behavior changes
5. Dizziness
6. Memory loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision*
10. Slurred speech*
11. Noticeable changes in the level of consciousness (difficulty awakening, or losing consciousness suddenly)*
12. Seizure activity*
13. Decreased or irregular pulse OR respiration*

*Seek medical attention at the nearest emergency facility 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, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

It is OK to:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head & neck as needed for comfort

- Eat a light diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is NO need to:

- Check eyes with a flashlight
- Wake up every hour
- Test reflexes
- Stay in bed

Do NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications
- Watch TV, video games, computer
- Listen to Ipod or use phone

Return to Play Procedure:

- If a concussion is suspected by a coach, Athletic Trainer, nurse, physician, or parent/ guardian the athlete is to be removed from play immediately with no return to activity until seen by a physician.
- Parent/ Guardian should be instructed to contact a DISD Athletic Trainer after the injury to set up physician appointment and/or review any documentation from a physician, if athlete has been evaluated.
- Athlete must be cleared by a Physician (MD/DO) to return to any physical activities
 - Athlete may be cleared by a physician to return to athletic play; however, the athlete must complete the return to play progression protocol per the DISD Policy before being allowed to full participation.

Instructions provided to: _____ Signature: _____

Instructions provided by: _____ Signature: _____

Date: _____ Time: _____ Contact Number: _____

Denison ISD Athletic Trainer

Christian Cabello

(903) 462-7083 office

(903)-617-9090

ccabello@denisonisd.net

Dana Payne

(903) 462- 7188 office

(580) 775- 3049

dpayne@denisonisd.net