

Date _____

Your child bumped his/her head at school today. Your child seen in the clinic for an assessment at _____. At that time, your child did not have any signs of concussion and returned to class after rest, ice and observation. Please continue to monitor your child for any signs of concussion and contact your physician if any of the following develop:

Headache	Vomiting
Dizziness	Blurred vision
Feeling eye strain	Balance problems
Sensitivity to light	Sensitivity to noise
Feeling like “in a fog”	Fatigue or sleepiness
Drowsiness	More emotional, irritable
Nervous or anxious	

Seek immediate medical attention for any of the following symptoms:

- Decreasing level of consciousness
- Bleeding from an ear or nose that was not bumped
- 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

Sincerely,

School Nurse