



Dear Parents or Legal Guardians,

This letter is being sent regarding a head injury and/or possible concussion your child may have or may be diagnosed with. In some instances, the signs of a concussion do not become evident until several hours or even days after the injury. Your child's health is our priority. If your child experiences any of the symptoms listed below, please have them rest and seek professional medical care from a physician.

Common symptoms of a concussion:

- Mild or moderate headache
- Nausea
- Mental Confusion
- Dizziness
- Sensitivity to light and/or sounds
- Emotional/behavioral changes
- Memory loss
- Ringing in the ears
- Changes in balance
- Difficulty concentrating

Severe symptoms of a concussion:

SEEK IMMEDIATE MEDICAL ATTENTION

- Severe headache that increases in intensity
- Excessive Vomiting
- Difference in pupil size (right vs left eye)
- Slurred speech
- Loss of consciousness
- Irregular pulse or breathing rate
- Seizure

It's Recommended:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head and neck as needed
- Sleep
- Limit phone, computer, and television screen time

There is NO need to:

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

Do NOT:

- Drink alcohol or excessive caffeine
- Drive while symptomatic
- Spend time in loud, stimulating environments
- Do not engage in strenuous activity or sports

Required Documentation:

EHS requires documentation from a medical professional (MD, Ph.D.) for your student to be approved for excused absences and academic accommodations while your student recovers from their concussion. Requested academic accommodations must be documented and signed by a licensed physician and specifically describe their physical and academic limitations. To approve and maintain academic accommodations, documentation must be submitted within the week of the injury and after each follow up appointment.

Please provide documentation from all medical appointments. We require the initial diagnosis and academic accommodation, any follow-up progress notes, and full clearance and return to play notes. **ALL DOCUMENTATION** must be emailed to Liz Bowling BSN, RN and Kristen Gorski BSN, RN at EHSNURSE@EHSHOUSTON.ORG



If this injury happened through EHS Athletics, please contact athletic trainers:

Marc Klinkerman: 713-512-3425, mklinkerman@ehshouston.org

Alyssa Spina: 713-470-5032, aspina@ehshouston.org

EHS athletic trainers will follow your student through their concussion recovery and assist you with scheduling an appointment with our team affiliated medical provider, Baylor College of Medicine.

If your student has not shown advancement on the concussion protocol, reflecting improvement by day fourteen, the student may require an Extended Leave or Medical Leave as outlined in the Student Handbook to ensure proper recovery from the injury.

While at school, your child is welcome in the clinic, allowing rest in a quiet, dimly lit environment. The clinic can be used as a place of rest during chapel, lunch, free period, pep rallies, or if they are genuinely not feeling well at any point in the school day during their recovery.

Please do not hesitate to reach out if you have any questions or concerns.
Our goal is recovery. Health and wellness are and will always be our number one concern.

Sincerely,
Episcopal High School Wellness Team

Liz Bowling BSN, RN
713-512-3404
Clinic Nurse
ehsnurse@ehshouston.org

Kristen Gorski BSN, RN
713-512-3403
Clinic Nurse
ehsnurse@ehshouston.org



If you need a referral or contact information for appropriate doctors, please see the list provided below. We encourage you to have your child see a primary care sports medicine doctor or concussion specialist. Some pediatricians are not fully experienced with concussion care or able to provide the specific documentation that is needed for academic and physical accommodations. This may lead to your child being placed on extended or unneeded restrictions.

Dr. Angela Cortez
Baylor Medicine at McNair Campus Clinic
7200 Cambridge, 10th floor
Suite 10B
Houston, TX 77030
Phone: 713-798-7246

Dr. David Braunriter
Houston Methodist Orthopedics & Sports Medicine
16811 Southwest Freeway
Sugar Land, TX 77479
Phone: 281-690-4678

Houston Methodist Concussion Center at Texas Medical Center – Dr. Kenneth Podell Ph.D
6560 Fannin St
Suite 1840 & Suite 802
Houston, TX 77030
Phone: 713-441-8277

Orthopedics and Sports Medicine
Memorial Hermann | Rockets Sports Medicine Institute – Texas Medical Center
6400 Fannin St
Suite 1620
Houston, TX 77030
Phone: 713-704-2200