

The Center for Concussion Management

Concussion Home Instruction Sheet

Your son/daughter has sustained a head injury while participating in _____.
In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury.

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

***Seek medical attention at the nearest emergency department.**

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 questions or concerns 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:	There is NO need to:	Do NOT:
<ul style="list-style-type: none">• Use acetaminophen (Tylenol)• Use ice pack on head & neck as needed for comfort• Eat a light diet• Go to sleep• Rest (no strenuous activity or sports)	<ul style="list-style-type: none">• Check eyes with a flashlight• Wake up every hour• Test reflexes• Stay in bed	<ul style="list-style-type: none">• Drink alcohol• Drive while symptomatic• Exercise or lift weights• Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications

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.