

East Central Independent School District

6634 New Sulphur Springs Rd
San Antonio, Texas 78263
(210) 648-7861

Parent Concussion Information and Home Instructions

If your child begins to elicit increases in these symptoms you should seek further medical care:

Increasing headache

- Nausea or vomiting
- Difficult or slurred speech
- Balance or coordination difficulty
- Unusual or out of character behavior
- Changes in level of consciousness
- Blurred or double vision
- Disorientation
- Delayed verbal or motor response
- Amnesia
- Stiffness in the neck or weakness in arms or legs
- Blood or clear fluid from nose or ears
- Abnormal drowsiness or sleepiness

Please DO NOT allow your child to:

- Take any medication except Tylenol when indicated by a Dr. or Athletic Trainer
- Engage in any physical activity until evaluated by a Dr. or Athletic Trainer

Please LIMIT the following activities as they can increase your child's symptoms:

- TV time; especially violent programs
- Video game playing and rough housing
- Use of iPods, iPads, computers, and cell phones(texting)

In some cases their class work/home work can worsen their symptoms and each child will be evaluated for class modifications as needed.

If you are uncertain about the above symptoms please contact the athletic trainers at the high school.