



Get Seen. Get Heard. Get Better.

Dear Parent, Guardian, or Family Friend,

_____ possibly sustained a concussion today.

A **concussion** is a trauma-induced alteration in mental status that may or may not involve a loss of consciousness. A concussion may take 1-2 weeks or longer to recover from. Therefore, it is important, and it is state law, that a health care provider who is trained and experienced in the evaluation, management, see the patient and care of concussions, receive Return to Learn accommodations when necessary, and complete a Stepwise Graduate Return to Play Progression over a period of several days prior to returning to athletics.

To Ensure Recovery:

1. **REMEMEMBER** to contact your Team Physician and/or Athletic Trainer. You need to have a follow-up appointment within the next 24-72 hrs.
2. **REALIZE** that:**It is OK to:** -Eat a well-balanced diet -Use ice pack on head and or neck for comfort -Go to sleep-Rest: (*Best practice management for concussion recovery*)
 - A. Remove from cognitive requirements such as academics, homework, and sports related film study until asymptomatic
 - B. Remove from sports or any activity that increases blood pressure such as weight lifting, video games, etc..
 - C. Remove from unnecessary external stimuli (i.e. radio, intense light, etc...)
3. **There is NO need to:** -Stay in bed unless directed -Test reflexes **I Should NOT:-** Use any pain medications for the first 48-72 hours after a concussion **UNLESS** 1. I have my parents/guardian's permission to use Acetaminophen (Tylenol), **AND** 2. It is absolutely necessary for headache management and rest ***NO NSAIDS:** Ibuprofen, Advil, Motrin, Aleve, etc... -Drive: Until cleared by the Team Physician or Athletic Trainer -Eat spicy foods



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3. **REVIEW** the Common Signs and Symptoms of a Concussion:

- *Headache
- *Loss of balance
- *Confusion
- *Ringing in the ears
- *Difficulty concentrating
- *Dizziness
- *Memory loss (amnesia)
- *Vomiting (no more than 1-2 times)
- *Nausea
- *Visual disturbance (i.e. blurred vision that corrects over a short period of time)

4. **RECOGNIZE** the Warning Signs of a more serious head injury and **Contact your local emergency medical service if any of the following occur:**

Any **INCREASE** or **WORSENING** of the individual's existing signs or symptoms, or Any **NEW** Symptom or complaint indicative of a more serious head injury such as:

- Any Loss of Consciousness
- Unequal pupil size or unusual eye movements
- Blurred or double vision
- Severe or worsening headache
- Confusion or amnesia that gets worse
- Numbness, paralysis, and/or difficulty walking, speaking, or using their arms
- Vomiting (More than 1-2 times in frequency, tremendously forceful, or projectile)
- Unusual sleepiness and/or inability to wake up
- Persistent irrational or aggressive behavior