

Dear Parent or Guardian:

Your child sustained a head injury while participating in a school activity. It is important for your child to check in with the nurse/licensed athletic trainer before he/she goes to class after their injury.

Please be observant for the following signs and symptoms:

- Headache that increases in intensity*
- Nausea and vomiting*
- Difference in pupil size from right to left eye, dilated pupils*
- Mental confusion/behavior changes, dizziness, memory loss, ringing in the ears
- Changes in gait or balance
- Blurry or double vision*
- Slurred speech*
- Noticeable changes in level of consciousness
(*difficulty awakening or loss of consciousness suddenly*)*
- Seizure activity*
- Decreased or irregular pulse or respirations*

** Seek medical attention at the nearest emergency room*

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your child. If you have any question or concern about the symptoms that you are observing, contact your family physician or go to the emergency room. The chart on the right may be helpful in knowing what to do if your child is suspected of having suffered a concussion.

It is OK to:

- Use acetaminophen (*Tylenol*) for headaches
- Use ice pack on head & neck as needed for comfort
- Eat a light diet
- Go to sleep
- Rest (*no strenuous activity or sports*)

There is NO need to:

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

Do NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications