



Concussion Parent Home Instructions Appendix II

To Whom It May Concern:

Your child _____ is displaying signs and symptoms of a concussion after being injured during _____ on _____. The mechanism of injury was: _____ . He/She was evaluated by: _____ .

Your son/daughter presented with the following signs & symptoms at the time of the injury:

- | | | |
|-------------------|----------------------------|--------------------------|
| € Headache | € Difficulty concentrating | € Sensitivity to light |
| € Visual problems | € Difficulty remembering | € Sensitivity to noise |
| € Dizziness | € Feeling slowed down | € Feeling more emotional |
| € Nausea | € Feeling mental foggy | € Irritability |
| € Fatigue | | € Balance Problems |

A concussion is a disturbance in brain function caused by a direct or indirect force on the head. It results in a variety of non-specific symptoms and **does not always involve loss of consciousness**. A concussion is suspected in the presence of any one or more of the following, but not limited to:

Symptoms: Headache, blurred vision, ringing in ears, sensitivity to light or noise

Physical Signs: Unsteadiness, balance problems, fatigue, lack of appetite

Cognitive Changes: Confusion, difficulty remembering, difficulty concentrating, feeling “slowed down” or “in a daze”

Behavioral Changes: Personality changes, increased emotions

To make sure he/she recovers in a quick but safe manner, please follow the following recommendations: Please review the items outlined on the enclosed **Red Flag Checklist** (located on the back of this form). If any of these problems develop, please contact the local emergency medical system.

The cornerstone of concussion management is physical **and** cognitive rest until symptoms resolve. Activities that require concentration and attention (such as scholastic work, computer use, text messaging etc.) may increase symptoms and delay recovery. Your son/daughter should avoid these type activities until he/she has been re-evaluated. He/she should not participate in physical activity of any type, including P.E. class, lifting weights, or sports, or operate a motor vehicle until cleared to do so by an athletic trainer and/or physician.

It is OK to:

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

There is NO need to:

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

Do NOT:

- ✗ Drink alcohol
- ✗ Use aspirin or anti-inflammatory medicines or sleeping pills
- ✗ Drive until medically cleared
- ✗ Go to school if symptoms are still present
- ✗ Play sports, or participate in gym class until

Please have the student report to the Athletic Training Room for a follow up evaluation the next day. Any questions/concerns, call Shari Benson, Head Athletic Trainer (434) 906-9043

Red Flag Checklist: It is not uncommon to have multiple signs and symptoms after a concussion; however, if any of the following signs or symptoms listed below develops it is strongly recommended that your son/daughter be *transported immediately to the nearest emergency department*.

- 1) Decreasing levels of consciousness or loss of consciousness
- 2) Headache of increasing intensity
- 3) Vomiting
- 4) Decrease or irregularity in breathing
- 5) Decrease or irregularity in pulse
- 6) Unequal, dilated, or unreactive pupils
- 7) Mental status changes; lethargy, difficulty maintaining arousal, confusion or agitation, slurred speech
- 8) Seizures or convulsions

If you have any questions or concerns about your son/daughter that the Athletic Training Staff cannot answer for you, please follow up with your health care provider.

If you do transport your son/daughter to the emergency department or health care provider, please take this form with you, so the medical staff can see what symptoms your child was presenting with at the time of the injury to provide the best care available, and notify Shari Benson (434) 906-9043.