



Home Instructions for Parents & Concussed Student

A concussion is a brain injury. Concussions occur from forces applied directly or indirectly to the skull that result in the rapid acceleration and deceleration of the brain. All concussions are SERIOUS.

Observing and Monitoring Signs & Symptoms of a Concussion

In some instances, signs & symptoms of a concussion may not become apparent until several hours or even days after injury. Therefore, your son/daughter needs to be monitored closely over time, and checked for any of the signs and symptoms listed on the front side of this form. A good guideline is to note signs/symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. Please be especially observant for signs and symptoms listed below. The following indicate the need to report immediately to the nearest emergency department for medical care or in an emergency, to activate Emergency Medical Services (EMS) by dialing 911:

1. Headaches that Increase in Intensity
2. Vomiting
3. Decreased or Irregular Pulse/Respiration
4. Unequal, Dilated, or Unreactive Pupils
5. Slurred Speech
6. Seizure Activity
7. Changes in Level of Consciousness, Very Drowsy, Difficult Awakening, or Losing Consciousness
8. Cannot Recognize People or Places, or Becomes Increasingly Confused

If you have any questions or concerns about the signs or 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 OKAY to:

- Go to sleep the night of the injury
- Use ice pack on head & neck for comfort
- Eat a light diet, carbohydrates
- Drink fluids, stay hydrated
- After 24 Hours, Use Acetaminophen (Tylenol) for headaches
- If fatigued, go to bed earlier at night and/or sleep in

There is NO need to:

- Check eyes with a flashlight
- Wake up every hour, unless directed by Physician/LHCP
- Test reflexes

DO NOT:

- **DO NOT take ibuprofen, aspirin, naproxen, or other non-steroidal anti-inflammatory medications (NSAIDS)**
- DO NOT exercise or lift weights
- DO NOT do strenuous activity including P.E., at work, playing sports, video games, texting, or use computer
- DO NOT drive vehicle while having symptoms
- DO NOT drink alcohol

If any questions arise please feel to contact school nurse at 815-223-1721 ext. 2.