

Texas Children's Hospital Sports Medicine

Concussion Information Sheet

Dear Parent or Guardian:

Your child may have a concussion. A concussion is a type of brain injury caused by a blow, or jolt to the head. Your child has been removed from play and cannot return to sports until cleared by a medical provider.

Common concussion symptoms:

- Headache
- Pressure in the head
- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Sensitivity to light or noise
- Feeling "foggy"
- Not feeling right
- Trouble remembering
- Fatigue
- Confusion
- Drowsiness
- Trouble sleeping
- More emotional
- Nervous or anxious

We suggest the following:

- No sports or physical activity until cleared by a health care professional.
- Brain Rest: limit watching TV, playing video games, movies or texting.
- No driving for 24 hours after injury. Then, when possible, limit driving or have another person drive. Driving with a concussion is unsafe and can be dangerous.
- Ensure that your child gets a minimum of 8 hours of sleep with a consistent bedtime.
- Drink plenty of fluids and do not skip any meals.
- For headache pain your child can take acetaminophen ONLY, for now.

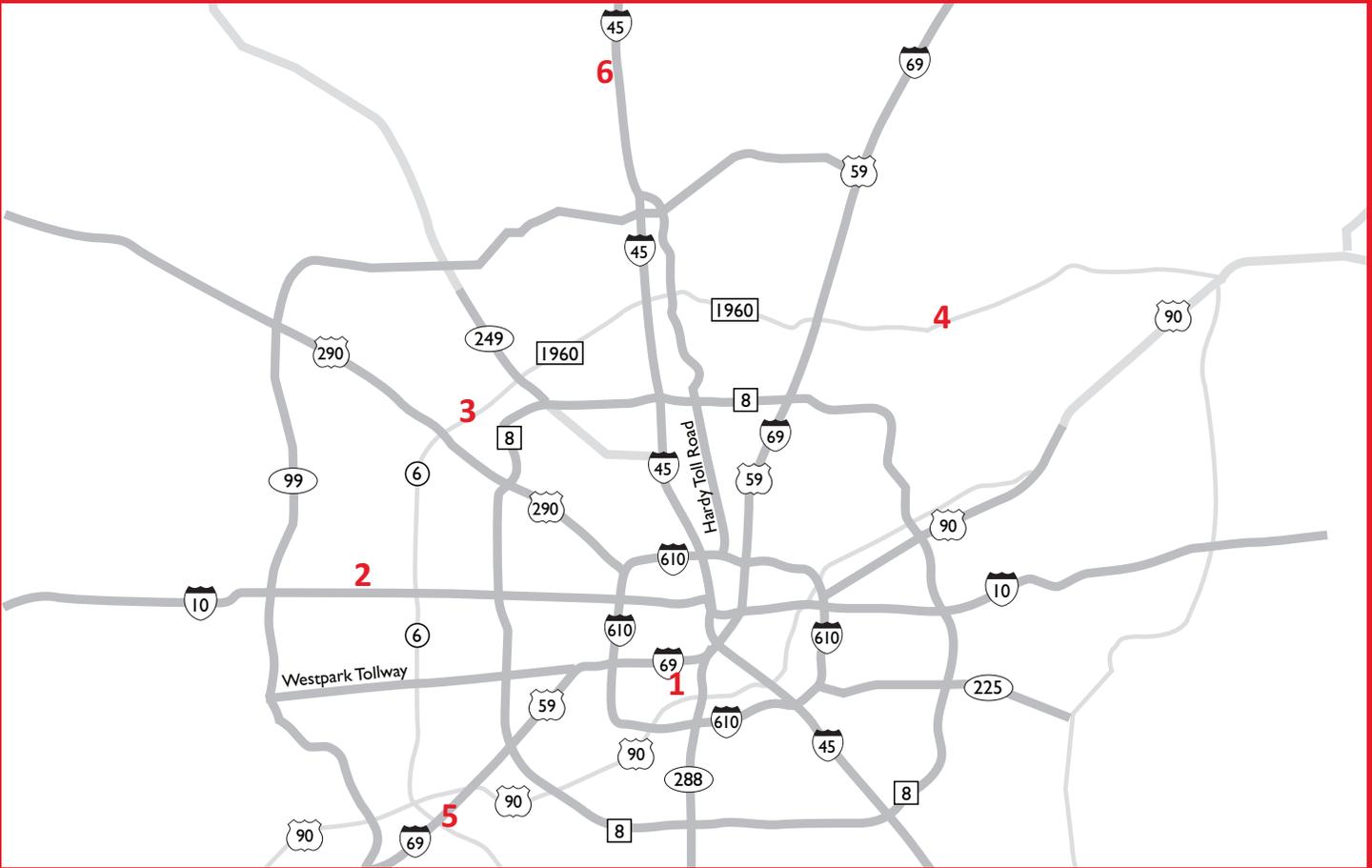
In rare cases, a head injury can become serious and/or life threatening. Call 911 or go to the ER if your child:

- Is excessively tired, lethargic or cannot be awakened.
- Has a headache that keeps getting worse or experiences repeated vomiting or excessive nausea.
- Forgets simple instructions, normal routines or cannot remember recent events.
- Develops slurred speech, convulsions or seizures.
- Becomes increasingly confused, restless, agitated or has unusual behavior.
- Loses consciousness (even a brief loss of consciousness should be taken seriously).
- Contact your physician if the signs or symptoms worsen in any way.

To have your child seen by a concussion specialist with Texas Children's Sports Medicine or if you have any questions or concerns please call **832-22-SPORT**.



**Texas Children's
Hospital®**



©2017 Texas Children's Hospital. All rights reserved. WC760_081717

Locations

**1. Texas Children's Hospital
Wallace Tower**
(Formerly Clinical Care Center)
6701 Fannin Street
Houston, TX 77030

**2. Texas Children's Hospital
West Campus**
18200 Katy Freeway
Houston, TX 77094

**3. Texas Children's Health Center
Cy-Fair**
11777 FM 1960 West
Houston, TX 77065

**4. Texas Children's Specialty Care
Kingwood Glen**
19298 W. Lake Houston Parkway
Humble, TX 77346

**5. Texas Children's Health Center
Sugar Land**
15400 Southwest Freeway, Suite 200
Sugar Land, TX 77478

**6. Texas Children's Hospital
The Woodlands**
17580 Interstate 45 South
The Woodlands, TX 77384



**Texas Children's
Hospital®**

Tel 832-22-SPORT (77678) | Fax 832-825-9335
texaschildrens.org/sportsmed