

## Acute Concussion Notification Form for Parents/Guardians

- Your child has symptoms consistent with a concussion. At the time of evaluation, there was no sign of any serious complications.
- He/she will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-14 hours.

**Call 911 and go to the nearest Hospital Emergency Department for the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>○ Headache that worsens</li><li>○ Seizure (uncontrolled jerking of arms/legs)</li><li>○ Weakness or numbness of arms/legs</li><li>○ Repeated vomiting</li><li>○ Loss of consciousness</li><li>○ Lack of balance/unsteadiness on feet</li><li>○ Changes in vision (double, blurry vision)</li></ul> | <ul style="list-style-type: none"><li>○ Can't recognize people or places</li><li>○ Looks very drowsy/Can't be awakened</li><li>○ Increased confusion and/or irritability</li><li>○ Unusual behavior</li><li>○ Slurred speech</li><li>○ Drainage of blood/fluid from ears or nose</li><li>○ Loss of bowel and/or bladder control</li></ul> |
|--|---|

**Recommendations:**

- AVOID medications like ibuprofen (Motrin, Advil) or aspirin for the next 48 hours due to the potential of increased bleeding risk in the brain.
- Acetaminophen (Tylenol) can be tried but often won't take away a concussion headache. DO NOT give narcotic pain medication like codeine.
- Check for normal breathing every few hours while sleeping but DO NOT wake your child up unless you are concerned. If he/she can't be aroused, call 911 immediately.
- Make an appointment to see a physician within 72 hours. Inform your child's coaches about the injury. Keep your child at home if symptoms are severe or worsen through normal activity.
- Track your child's symptoms using the Graded Concussion Symptoms Checklist. Bring these checklists to your physician.
- No activities like other sports and no physical exertion until your child is evaluated and cleared by a physician (MD/DO) trained in the diagnosis and management of concussions.
- Refer to the other concussion materials/protocols provided and available online.