

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:

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