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## Acute Concussion Notification Form for Parents/Guardians

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- Your child has symptoms consistent with a concussion.  
At the time of evaluation, there was no sign of any serious complications.
- They will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-24 hours.

<b>Call 911 and go to the nearest Hospital Emergency Department for the following:</b>	
❖ Headache that worsens	❖ Can't recognize people or places
❖ Seizure (uncontrolled jerking of arms/legs)	❖ Looks very drowsy/Can't be awakened
❖ Weakness or numbness of arms/legs	❖ Increased confusion and/or irritability
❖ Repeated vomiting	❖ Unusual behavior
❖ Loss of consciousness	❖ Slurred speech
❖ Lack of balance/unsteadiness on feet	❖ Drainage of blood/fluid from ears or nose
❖ Changes in vision (double, blurry vision)	❖ Loss of bowel and/or bladder control

### **RECOMMENDATIONS:**

- AVOID medications like ibuprofen (Motrin, Advil) or aspirin for the next 48 hours due to the potential of increasing bleeding risk in the brain.
- Acetaminophen (Tylenol) Can be tried but often won't take away 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're concerned. If they can't be aroused, call 911 immediately.
- Make an appointment to see a physician within 72 hours. Inform your child's teachers about the injury. Keep your child out of school if symptoms are severe or worsened by reading or studying.
- Track your child's symptoms using the **Graded Concussion Symptom Checklist**. Bring these checklists to your physician.
- No activities like after school sports and PE, 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 **Return-to-Play protocols** for more information.