

## Concussion Information for Parents

If your child suffers a head injury at school or at home and complains of concussion symptoms:

Severe Headache	Sensitivity to light/noise	Feeling "foggy"
Blurred vision	Difficulty concentrating	Sleepy/can't sleep
Dizziness	Difficulty with Memory	Emotional changes
Nausea	Loss of Consciousness	Loss of coordination

The school will ask that your child be evaluated for a concussion. In the event of severe symptoms or loss of consciousness, they should be seen in an ER. In most cases they may see their pediatrician. Upon return to school they will need a note stating that they: have a concussion, no PE or sports until cleared, and possible classroom adjustments as needed. If seen in the ER it is best to also notify the pediatrician as soon as possible to make obtaining clearance to return to activities easier. When all symptoms have resolved, they will need to see their pediatrician again, to be cleared to return to all activities/PE/sports.

**They will need to see a doctor at least twice, once for diagnosis and once for clearance.**

Most concussions resolve within about 3 weeks. Your child may need to remain at home to rest for the first few days. They should avoid TV, computers, video games, cell phones, texting, sports and strenuous activity. When they return to school they may need classroom adjustments, such as modified assignments, extended time for assignments, reduced time spent reading, writing or on the computer, limited or no testing. These recommendations must come from a doctor.

They will not be allowed to participate in PE or sports until cleared. They may spend PE time resting in the nurse's office, a study hall or the library; we want to avoid the risk of accidental re-injury while sitting out of PE in the gym. They are to avoid sports and extracurricular activities such as field trips, dances, clubs and sporting events. They may not be able to tolerate Band or Chorus. Medical clearance will be required to attend any field trip scheduled during their concussion – it's best to maintain communication with your child's pediatrician.

**The goal is to allow your child's brain to rest and recover from the injury.**

For more information: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP),  
<http://connecticutconcussiontaskforce.org>