



SHORELINE SCHOOL DISTRICT

Take Home Concussion Information Sheet

Your son or daughter is suspected of having a concussion. Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Your child may experience a wide range of symptoms. Some of the most common symptoms are:

- Headaches
- Lightheadedness
- Light sensitivity
- Noise Sensitivity
- Irritability
- More emotional
- Poor concentration- forgetting simple tasks, seems like they are not listening (more than normal)
- Dizziness
- Loss of appetite
- Visual problems
- Slurred speech
- Trouble sleeping
- Academic problems
- Balance problems
- Feeling “in a fog”
- Nausea

You do not need to wake your child throughout the night or shine a light in their eyes, DO NOT GIVE THEM ANY MEDICATION unless directed by a physician. (If your child seems to be altered enough that you are not comfortable with, or to the point you feel they need frequent checks, then go to the ER)

Below are some symptoms that require immediate action on your part

Vomiting

Vision loss

Slurred speech

Numbness or weakness in the arms or legs

Increasing headache

If your child has any of these symptoms or you are not comfortable with their condition

CALL 911 or TAKE THEM IMMEDIATELY TO THE EMERGENCY ROOM

Your child may experience symptoms for minutes, hours and even days. If your child has symptoms that are affecting school contact please inform the school nurse. There are certain things that your child should avoid while they are having symptoms. These are only general guidelines and other things may worsen their symptoms. Generally TV, video games, computer screens, texting, listening to music, physical activity, and even school work can increase or prolong their symptoms and should be avoided until they can be evaluated by your schools Licensed Athletic Trainer and/or Physician.

When can my child return to play?

Once your child has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and is symptom free they can start a return to play progression and more specific information will be given at that time.

Recommendations provided to: _____

Signature: _____

Date: _____ Time: _____