

Saint Ann's Concussion Sheet

Dear Parent/Guardian,

Your son/daughter sustained a head injury today while participating in athletics. Although it was not determined to be serious at the time, any head, face and jaw injury has the potential to be dangerous. This danger may not appear immediately, and this is why the first 24 – 72 hours are vital to determine possible severity. The following is offered to help guide you during the time after a head injury to your child. These guidelines are not, and should not, be used as substitutes for competent medical care.

If any of the following symptoms appear, your child should seek medical attention immediately:

Loss of Consciousness (any duration)
Headache – increasing and/or in one particular spot
Nausea or Vomiting
Straw color or clear fluid drainage from ears or nose
Fatigue
Sensitive to light and/or noise
Unequal pupil size
Blurred or double vision
Dizziness
Poor balance and/or coordination
Feels “foggy” and/or sluggish
Unusual behavior and/or mental confusion
Responds slowly to questions
Forgets events prior to injury
Forgets events after the injury

You should monitor your child every few hours to check for these symptoms and general well being. It is recommended not to take any medication for the first 72 hours after injury, unless specified by a licensed physician, and then Tylenol is recommended for the treatment of a headache for concussions. Athletes suspected of sustaining a concussion **WILL NOT** be able to return to play until:

1. They are cleared by a licensed physician who specializes in concussion management, **AND**
2. They pass the SCAT2/BESS test for concussions and balance given by the licensed, certified athletic trainer, **AND**
3. They are asymptomatic for 24 hours after the assessment of the SCAT2/BESS test.