



SAINT ANN'S SCHOOL

Recreational Arts

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, or 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.

Red Flags

If any of the following symptoms appear, the athlete should be taken to the **hospital immediately or call 9-1-1**.

- Neck pain/tenderness, specifically located along the spine
- Blurred or double vision
- Unequal pupil size (loss of reactivity to light)
- Weakness or numbness/tingling/burning in arms or legs
- Headache—(severe, increasing and/or in one spot)
- Seizure or convulsion
- Loss of consciousness (any duration)
- Deteriorating conscious state
- Forgets events prior to or after injury
- Nausea or Vomiting
- Poor balance/coordination
- Unusual behavior—increasingly restless, mental confusion, agitated, or combative
- Straw color or clear fluid drainage from ear or nose
- Drowsiness or inability to wake up
- Slurred speech

If any of the following symptoms appear, the athlete should be taken to a **family doctor**.

- Headache
- Fatigue
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, or groggy

You should awaken 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 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 are asymptomatic for 24 hours, **AND**
3. They have an ImPACT post injury assessment that is within the normal limits of their ImPACT baseline assessment, **AND**



4. They complete the NY State Concussion Law return to play protocol under the supervision of the Saint Ann's Schools ATC*

*See student-parent concussion information on Saint Ann's Recreational Arts web page:
<http://saintannsny.org/department/recreational-arts/department-links>