Name: __________________________ has been evaluated for concussion symptoms that occurred on ____________.
Following these instructions can help speed recovery and prevent further injury.

**Common Symptoms:**

It is common to have one or more of the symptoms below following a concussion:

- Headache
- Dizziness
- Loss of balance
- Nausea
- Sensitivity to light/sound
- Fatigue
- Visual problems
- Feeling foggy
- Difficulty concentrating
- Difficulty remembering
- Irritability
- Drowsiness
- Nervousness
- Sadness
- Trouble falling asleep

**When to Immediately Seek Medical Care**

If you observe any of the symptoms below, go to the emergency department immediately:

- Headache that worsens
- Seizures
- Neck pain
- Unusual behavior change
- Very drowsy
- Vomiting
- Slurred speech
- Significant irritability
- Can't recognize people or places
- Increasing confusion
- Weakness/numbness in arms/legs
- Less responsive than usual

It is **OK** to rest and take pain medication as prescribed by your physician for a limited amount of time. It is **OK** to go to sleep. There is no need to wake up every hour.

**DO NOT** drive while you have symptoms until cleared by an approved healthcare provider. **DO NOT** participate in PE or sports until cleared by an approved healthcare provider.

**Returning to School/Daily Activities**

All sports-related concussions must be evaluated, diagnosed and supervised by an approved healthcare professional such as a Certified Athletic Trainer (ATC), Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Physician Assistant (PA), Certified Nurse Practitioner (CNP), and/or Neuropsychologist. The key to recovery is **Expose and Recover!** Light physical and cognitive activity may be performed while experiencing symptoms, even if they become exacerbated. In these incidents, the student-athletes should cease activity when symptoms intensify then return to activity when symptoms go back to normal. Try to maintain a regular schedule and normal lifestyle.
It is important to maintain proper:

- **Diet** - Eat breakfast, lunch and dinner each day.
- **Hydration** - Stay well hydrated.
- **Sleep** - Stick to a strict sleep schedule with regular bedtime and wake-up time. It is recommended to get 7-9 hours sleep with limited to no naps of longer than 30 minutes.
- **Light Physical Activity** - It is recommended to take walks or ride a stationary bike following a head injury.
- **Avoid Stress** - Try to reduce stress to help avoid nervousness and increased anxiety.

Avoid any activity that may cause another head injury as these may prolong recovery, or risk permanent brain injury and even death.

**Return to Learn**

School personnel (school nurse, teachers and counselors) will be made aware of all suspected sports-related concussions. They will be informed that the student-athlete may have all or some of the following issues:

- Increased problems paying attention, concentrating, remembering or learning new information.
- Increased irritability, frustration or less able to cope with stress.
- Sensitivity to visual or auditory stimulation.

An individual-specific modification plan will be created to assist the student-athlete during recovery. The student-athlete may be provided extra time or help with classwork, homework, quizzes or exams as well as mental rest breaks in nurse’s clinic as needed. We will advance the student-athlete through Return to Learn (RTL) stages per physical and cognitive progress as well as communication with those involved.

**Returning to Play**

The student-athlete should **NEVER** return to PE, sports or physical activity until they have been evaluated by an approved healthcare professional. The provider will determine when the student-athlete may begin the gradual post-concussion Return to Play (RTP) protocol. The athletic trainer has the final determination of status of the student-athlete. If the student-athlete remains asymptomatic throughout the RTP protocol and has **WRITTEN** clearance from the healthcare team, they may return to full activity.

If you have any questions or concerns please contact: