

# Concussion Home Instruction Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

You have had a head injury or concussion and need to be watched closely for the next 24-48 hours.

It is okay to:	There is no need to:	Do not:
<ul style="list-style-type: none"> <li>• Use acetaminophen (Tylenol) for headaches</li> <li>• Use ice pack on head/neck as needed for comfort</li> <li>• Go to sleep</li> <li>• Rest (no strenuous activity or sport)</li> <li>• Eat a light meal</li> </ul>	<ul style="list-style-type: none"> <li>• Check your child's eyes with a flashlight</li> <li>• Wake up frequently (unless otherwise instructed)</li> <li>• Test reflexes</li> <li>• Stay in bed</li> </ul>	<ul style="list-style-type: none"> <li>• Drive a car</li> <li>• Engage in physical activity (exercise, sports)</li> <li>• Engage in mental activity (school, homework, computer games)</li> <li>• Engage in TV/computer screen exposure</li> <li>• Drink alcohol</li> <li>• Use Aspirin, Aleve, Advil or other NSAID products</li> </ul>

Special recommendations:

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**If any of the following develop, the athlete should be taken to the emergency room:**

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| <ul style="list-style-type: none"> <li>• New headache or headache gets worse</li> <li>• Persistent or increasing neck pain</li> <li>• Becomes drowsy or can't be woken up</li> <li>• Cannot recognize people or places</li> <li>• Behaving unusually, seems confused</li> <li>• Has seizures</li> <li>• Has weakness, numbness or tingling (arms, legs, face)</li> </ul> | <ul style="list-style-type: none"> <li>• Decreased level of consciousness</li> <li>• Is unsteady walking or standing</li> <li>• Has slurred speech</li> <li>• Has difficulty understanding speech or directions</li> <li>• Pupils become unequal in size</li> <li>• Repeated vomiting</li> </ul> |
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Athletic Trainer \_\_\_\_\_

Phone \_\_\_\_\_

Physician \_\_\_\_\_

Phone \_\_\_\_\_

You need to be seen for a follow-up examination at \_\_\_\_\_ AM/PM at: \_\_\_\_\_.

Recommendations provided to \_\_\_\_\_

Recommendation provided by \_\_\_\_\_

