

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"> • Use acetaminophen (Tylenol) for headaches • Use ice pack on head/neck as needed for comfort • Go to sleep • Rest (no strenuous activity or sport) • Eat a light meal | <ul style="list-style-type: none"> • Check your child's eyes with a flashlight • Wake up frequently (unless otherwise instructed) • Test reflexes • Stay in bed | <ul style="list-style-type: none"> • Drive a car • Engage in physical activity (exercise, sports) • Engage in mental activity (school, homework, computer games) • Engage in TV/computer screen exposure • Drink alcohol • Use Aspirin, Aleve, Advil or other NSAID products |

Special recommendations:

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

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

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 _____