
INFORMATION FOR TEACHERS

Concussions are brain injuries and can be serious. In the first few days following a concussion, **complete** cognitive and physical rest are needed for the brain to heal. Complete rest means not taxing the brain with physical or cognitive demands. This isn't like the flu, where students can complete school-work while at home. They must rest.

YOU PLAY A KEY ROLE IN ENSURING THE SUCCESSFUL RECOVERY OF A CONCUSSED STUDENT.

Every concussion is different. Students heal at different rates. It will be necessary for you to monitor the student and report any worsening symptoms to the Concussion Management Team Communication Coordinator.

SIGNS (OBSERVED BY TEACHERS):	SYMPTOMS (REPORTED BY STUDENT):
<ul style="list-style-type: none"><input type="checkbox"/> Student appears dazed or stunned<input type="checkbox"/> Seems confused<input type="checkbox"/> Forgets class schedule or assignments<input type="checkbox"/> Moves clumsily (altered coordination)<input type="checkbox"/> Exhibits balance problems<input type="checkbox"/> Answers questions slowly<input type="checkbox"/> Repeats questions<input type="checkbox"/> Shows changes in mood, behavior or personality (irritability, sadness, more emotionality, nervousness)<input type="checkbox"/> Forgets events prior to hit or fall<input type="checkbox"/> Forgets events after the hit or fall<input type="checkbox"/> Loses consciousness (even briefly)	<ul style="list-style-type: none"><input type="checkbox"/> Headache or pressure in head<input type="checkbox"/> Foggy or hazy feeling<input type="checkbox"/> Nausea or vomiting<input type="checkbox"/> Double vision, blurry vision<input type="checkbox"/> Sensitivity to light or noise<input type="checkbox"/> Feeling sluggish, fatigued or groggy<input type="checkbox"/> Problems concentrating<input type="checkbox"/> Problems remembering<input type="checkbox"/> Just not feeling right or feeling down<input type="checkbox"/> Difficulty thinking clearly<input type="checkbox"/> Balance problems or dizziness<input type="checkbox"/> Numbness or tingling<input type="checkbox"/> Sleep problems

The Concussion Management Team will provide you with a ***Gradual Return to Activity Plan***, which will indicate the temporary accommodations required for optimal healing.

BE FLEXIBLE. MOST OF THE TIME, CONCUSSIONS HEAL IN 2–3 WEEKS.