
INFORMATION FOR PARENTS

Your child has sustained a head injury/concussion. It is important that you do the following:

- Have your child evaluated by a healthcare provider trained in concussions.
- Read the ***Heads Up! Fact Sheet*** to learn more about the injury and what you need to watch for in your child.
- Help protect your child's brain. It needs complete cognitive rest to heal from a concussion. That means avoiding television, computer screens, video games, text messaging, reading, loud music/noises and homework while recovering.
- Make sure you and your healthcare provider sign the ***Permission for Release of Information*** form. Return this form to your child's school.
- Monitor your child's symptoms at home and report any new or worsening symptoms to your healthcare provider and your school's Concussion Management Team.
- If your child is diagnosed with concussion, use the ***Accommodations Plan from Healthcare Provider*** to help the Concussion Management Team at your child's school develop a Gradual Return to Activity Plan.

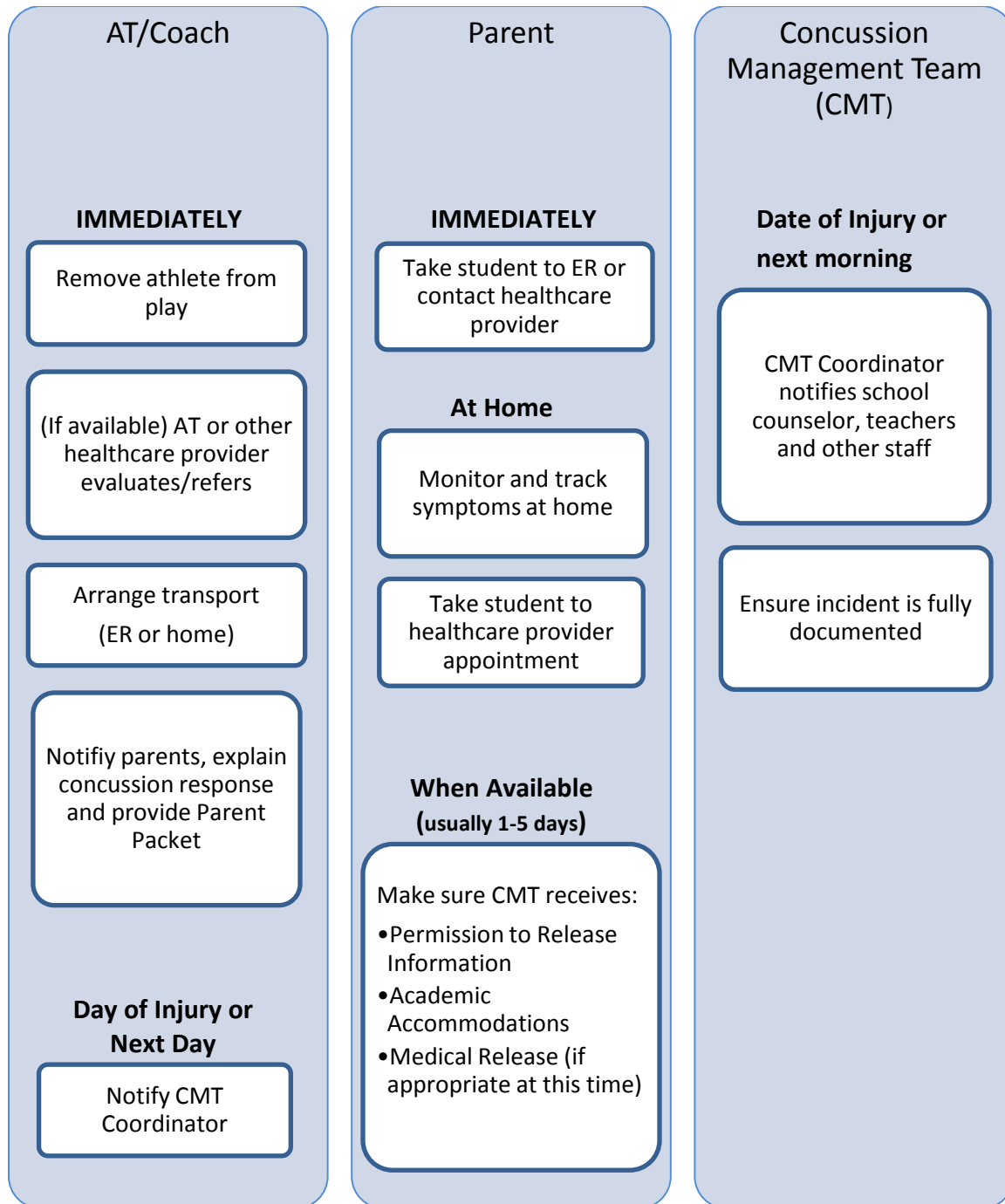
SIGNS (OBSERVED BY OTHERS):

- Athlete appears dazed or stunned
- Seems confused
- Forgets plays or instructions
- Is unsure about game, score, opponent
- Moves clumsily (altered coordination)
- Exhibits balance problems
- Shows changes in mood, behavior or personality
- Responds slowly to questions
- Forgets events prior to hit or fall
- Forgets events after the hit or fall
- Loses consciousness (even briefly)

SYMPTOMS (REPORTED BY ATHLETE):

- Headache or pressure in head
- Foggy or hazy feeling
- Nausea or vomiting
- Double vision, blurry vision
- Sensitivity to light or noise
- Feeling sluggish, fatigued or groggy
- Problems concentrating
- Problems remembering
- Just not feeling right or feeling down
- Balance problems or dizziness
- Numbness or tingling
- Sleep problems

RESPOND RESPONSIBILITY CHART



Many states now have laws requiring that any student with a suspected concussion be cleared by a healthcare provider before returning to play.