

This is a medical follow-up sheet for your health and safety. Often the signs and symptoms of head injuries do not appear immediately after a trauma but hours after the injury itself. The purpose of this fact sheet is to alert you to signs and symptoms of significant head injuries.

The appearance OR WORSENING of any of these symptoms tells you that you may have sustained a significant head injury that *requires medical attention*. If any of these symptoms appear OR WORSE, contact your family physician or report to your local Emergency Room. Very sick people should be transported to the emergency room by ambulance; do not hesitate to call for an ambulance if you think one may be necessary.

If you develop one or more of the following signs/symptoms following a head injury **or if existing signs/symptoms get worse**, medical help should be sought.

- **Loss of consciousness**
- **Severe headache**
- **Unequal pupils**
- **Nausea or vomiting**
- **Abnormal drowsiness or sleepiness**
- **Loss of appetite**
- **Persistent ringing in the ears**
- **Stiffening of the neck**
- **Convulsions**
- **Dizziness, poor balance, or unsteadiness**
- **Bleeding or clear fluid from ears/nose**
- **Weakness in either arm or leg**
- **Difficulty remembering recent events/facts**
- **Mental confusion or strangeness**
- **Slurring of the speech**

General At-Home Instructions:

Medications/Cold Packs: Refrain from taking aspirin, ibuprofen, and other medications unless ordered by medical personnel. Acetaminophen (Tylenol) may be taken for existing symptoms; seek medical attention if symptoms are getting worse. Use ice packs for the head and neck as needed for comfort.

Sleep/Rest: You can go to sleep. Rest is very important to allow the brain to recover. Eat a healthy diet.

Return to School: If you are not feeling well, you should stay home from school for the first 1-2 days following your injury. **BEFORE RETURNING TO CLASSES, REPORT TO THE NURSE'S OFFICE.**

Activities: In general, you should limit activities (mental or physical) that make you feel worse. Avoid recreational and sports activities until your athletic trainer or doctor has okayed them; **REPORT TO ATHLETIC TRAINER BEFORE RESUMING SPORT.**

Most children and teens recover from sports-related concussion within 2 to 4 weeks. However, some may suffer from persistent symptoms. During a concussion recovery period, you should be in regular contact with your Safe Sports athletic trainer, school nurse and/or your doctor regarding your child's recovery.

Talk to your athletic trainer/doctor if symptoms are worsening, or if symptoms persist more than 7-10 days. Examples of symptoms that may persist:

- Difficulty concentrating; mentally foggy
- Difficulty learning & memory problems
- Headaches
- Mood changes (irritable, sad, nervous)
- Increased sensitivity to noise or light
- Dizziness, balance problems, or nausea
- Fatigue, drowsiness, sleep changes
- Difficulty in relationships with others

What to Expect During Recovery

Neurocognitive and balance testing are used to help assess brain function following a sports-related concussion. SSN partners with consultants who examine post-injury scores and compare them to baseline and/or normative scores to manage safe return to play. Whenever possible, the first post-injury test is administered within 24-72 hours of the injury. Additional testing is administered when symptoms have resolved and/or at other appropriate intervals during the recovery process. SSN uses two concussion testing platforms:

- **C3 Logix:** An iPad-based assessment tool used to assess symptom load, orientation, memory, concentration & balance. C3 Logix is the test completed during baseline concussion testing.
- **Neurocognitive (ImPACT) Test:** Computerized assessment tool used to assess memory, reaction time, and processing speed in athletes aged 12+.

STAGE	Expectations/Instructions
New Injury (First 24-48 hours post-injury)	<ul style="list-style-type: none"> • Limit Physical & Mental Activity (Limit or avoid activities that make you feel worse) <ul style="list-style-type: none"> • Physical – No sports or gym class. Light walking is ok. • Mental – If not feeling well, stay home from school. Limit screen time, phone use, etc. • Sleep, eat a healthy diet, hydrate
Initial Injury Evaluation (Within 48 hours post-injury)	See athletic trainer or doctor for evaluation Assess symptom load, orientation, memory, concentration, balance, etc.
Follow-up Evaluation and Testing (24-72 hours post-injury)	AT will administer Neurocognitive (ImPACT), C3 Logix & other tests, if athlete is in school. If unable to attend school, consider making an appointment with AT during after school hours.
Daily Follow-Up (until symptom- free)	School nurse will perform a Graded Symptom Checklist with the athlete at the start of the school day. Nurse will discuss athlete symptoms with the school AT (who may repeat the symptom checklist in the afternoon)
Persistent Symptoms (1-4 weeks post-injury)	Testing is repeated until scores have returned to baseline/normative levels.; Consider referral to specialist if symptoms persist or testing remains below baseline (e.g., neuropsychologist, neurologist, physical therapist)
Symptom Resolution (time varies)	Symptoms may resolve before concussion test scores return to baseline. Athlete may begin exercise progression following initial evaluation with the AT. Not allowed to return to practice or contact activities until symptom free and scores have normalized.
Full Return to Play: (criteria)	<ul style="list-style-type: none"> • Symptom-free (rest & with exercise) • Concussion test scores returned to baseline • Returned to school full-time/fullschool load • Completed 6 step exercise progression • Parental consent signed • Doctor clearance note (if evaluated by a doctor)