

Dear Parent/Guardian,

_____ received a blow or jolt to the head during an athletic event on _____.

- The signs and symptoms found during the evaluation lead us to believe your child has sustained a concussion.
- At the time of assessment, there were no signs or symptoms of concussion, but be aware that it sometimes takes 24-48 hours for symptoms to appear.

What is a Concussion?

According to the CDC, a concussion is defined as a bump, blow, or jolt to the head that causes disruption to the normal functions of the brain.

What are the Signs and Symptoms?

Loss of consciousness	Headache
Difficulty remembering events/plays before and after the injury	Nausea/Vomiting
Difficulty with balance or coordination	Sensitivity to light or noise
Difficulty Concentrating	Dizziness
Feeling dazed, out of it or slowed down	Confusion

What should I do for my child at home?

1. Brain Rest: Let your athlete rest. Sleep will help the brain recover!
2. Avoid television, cell phones, laptops, tablets or any other bright screens (including video games and Kindles), and keep reading and homework to a minimum
3. Body Rest: Avoid heavy lifting, long periods of walking, or any physical activity
4. Do not give Ibuprofen or Aspirin, as they can make symptoms seem less severe
5. Monitor symptoms, make sure your child doesn't start to feel worse

RED FLAGS – Take your child to the Emergency Department for any of the following:

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| Changing levels of consciousness or responsiveness | Irregular breathing |
| Persistent vomiting | Seizure |
| Worsening headaches | Slurred speech |
| Difficulty recognizing people/places | Aggression/unusual behavior |

Follow Up

When your child returns to school, please have them follow up with the Certified Athletic Trainer, as well as their school counselor. They will be able to monitor your athlete while they complete the return-to-play and return-to-learn protocol, as well as communicate your child's status with you, the coach, and the athletic director. If you have any questions or concerns, see the list of resources on Central Catholic's website and please do not hesitate to contact your athletic trainer:

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