

CONCUSSION INFORMATION AND INSTRUCTIONS

A concussion is a traumatic brain injury that affects brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Concussions are usually caused by a blow to the head.

If your child shows signs/symptoms that are consistent with concussion or other head injury, please contact your primary care physician for instructions. Some signs and symptoms occur at the time of injury while others may show hours or days later.

The following are signs and symptoms of a possible concussion:

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|---|--|--|--|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Amnesia | <input type="checkbox"/> Confusion | <input type="checkbox"/> Loss of consciousness |
| <input type="checkbox"/> Balance problems | <input type="checkbox"/> Nausea | <input type="checkbox"/> Irritability | <input type="checkbox"/> Slowed reaction time |
| <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Memory issues | <input type="checkbox"/> Feeling foggy | <input type="checkbox"/> Sensitivity to light or noise |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Sleep changes | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Trouble concentrating |

Symptoms should be monitored closely over the next few hours and days. If any new symptoms arise or any of the following occur before physician evaluation, contact the nearest emergency medical facility.

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| <input type="checkbox"/> Decreased level of consciousness | <input type="checkbox"/> Repeated vomiting |
| <input type="checkbox"/> Worsening headache | <input type="checkbox"/> Increasing confusion |
| <input type="checkbox"/> Increasing irritability | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Loss of or fluctuating consciousness | <input type="checkbox"/> Pupils becoming unequal |
| <input type="checkbox"/> Slurred speech | <input type="checkbox"/> Difficulty recognizing people/places |
| <input type="checkbox"/> Numbness in arms/legs | <input type="checkbox"/> Inability to speak |