



(Name) _____ may have suffered a concussion. Only a licensed physician can diagnose a concussion in the state of New York.

Home Care in the first 24-72 hours is important and this is what you need to know.

Cognitive rest is recommended the first 24 hours minimally:

- Avoid computer, television, gaming, cell phone screens.
- Avoid driving until cleared by attending physician.
- Avoid bright lights or noises if sensitive.
- Avoid activities that increase current symptoms or bring on new symptoms.
- Avoid focused reading or concentrating activities. This may include homework and exam study.

Physical rest is recommended:

- Avoid activities that elevate heart rate above resting heart rate.
- Allow naps or "Brain Breaks" during the day.
- Allow sleep during the night. You do not need to wake up every two-three hours at night.

NO MOTRIN, IBUPROFEN, ADVIL, ALEVE, NAPROXEN SODIUM, OR ASPIRIN. These can mask increasing symptoms or increase risk of brain bleeding.

For headache, give only Tylenol or acetaminophen until seen by physician.

TAKE IMMEDIATELY to Emergency Room for:

- Worsening headache
- Vomiting repeatedly
- Slurring speech
- Increased drowsiness or inability to be wakened
- Sudden changes in emotions
- Sudden changes in behavior
- Inability to recognize people or places
- Weakness or numbness in arms or legs
- Unsteadiness standing
- Seizures (uncontrollable jerking of arms/legs)

Guidelines for symptom management will be provided by the physician if concussion is diagnosed.

Return to School Learning and Return to Play protocols will be provided when appropriate.

Any questions, please do not hesitate to reach me:

_____ phone: _____