



Signs and symptoms of a concussion:

@ 8 If our staff see you with any signs, symptoms or behaviors consistent with a concussion you will be removed from practice or competition and you cannot return to activity for the remainder of that day. If you think you have sustained a concussion you should be evaluated by a health care professional. If you are diagnosed with a concussion, your brain needs time to heal. You should not return to practice or play until cleared by a health care professional.

It is important that you (the student athlete) is observed for the next 24-48 hours and are not left alone. If the following symptoms persist or worsen, you should be evaluated by medical provider sooner either in the office or at the hospital. Return to school/sports will be determined by your health care provider.

HOME CARE

Avoid taking medications except acetaminophen (Tylenol) after the injury.

Do not drive until cleared to do so by medical provider.

Avoid taking alcohol, illicit drugs, or other things that slow brain function and recovery.

Rest, but resume normal activities of daily living as tolerated. Avoid activities involving exertion and any activity that increases your heart rate. Rest your head and neck. Do not use your phone or computer for more than 30 minutes at a time. Do not return to school or sports until cleared by a health care professional.
