Signs and symptoms of a concussion:

LŦ ȅ2dz ŭKʎy˥ ȅ2dz KI·ØŜ I· Ŏ2yŎdzăăʎ2yΣ Ř2yΩŭ KʎŘŜ ʎŭ I·yŘ Ř2yΩŭ ʎƎy2ℕŜ ʎŭΦ DŜŭ ŎKŜŎ˥ŜŘ 2dzŭ ōȅ I· KŜI·fŭKŎI·ℕŜ LJℕ2ØʎŘŜℕΦ 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 incr5 (cr)4 (5 (3 a(u)3 1h17 TDnID 11)-5 (es)1dc.rl(t)7 (o)-5 t828 BDC /C2_1 1 Tf-1.6 1.22 Td 0.087 Tj/T1_2 1 Tf( )TjE
your healt caerprio7 (v)-4 (id)5 (e5 (es)1dc.rl(t)7 (o)-5 t8 6 BDC /C2_1 1 Tf-1.6 1.22 Td 0.087 Tj/T1_2 1 Tf( )TjEMC /Body <MCID1 7

_____ _____

_____

_____