

# Concussion Information: Home Instruction Sheet



You or your child have had a head injury or concussion and need to be watched closely for the next 24-48 hours.

**Rest is the key.** You should not participate in any high-risk activities (e.g., sports, physical education (PE), riding a bike, etc.) if you still have any of the symptoms associated with a concussion. It is important to limit activities that require a lot of thinking or concentration (homework, job-related activities), as this can also make your symptoms worse.

It is OK to:	There is no need to:	DO NOT:
Use Tylenol (Acetaminophen)	Check eyes with a light	Drink Alcohol
Use an ice pack on head/neck for comfort	Wake up every hour	Eat spicy foods
Eat a light meal	Stay in bed	Drive a car
Go to sleep		Use aspirin, Aleve, Advil or other NSAID products

WATCH FOR ANY OF THE FOLLOWING PROBLEMS		
Call your doctor or go to the emergency department if you experience any of the following:		
Worsening Headaches	Increasing Confusion	Can't Recognize People or Places
Seizures	Repeated Vomiting	Loss of Consciousness
Neck Pain	Slurred Speech	Weakness or numbness
Looks very drowsy, can't be awakened	Unusual Behavior Change	Increasing Irritability

## Recommendations for Recovery

1. Get lots of rest. Be sure to get enough sleep at night – no late nights. Keep the same bedtime, weekdays, and weekends.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. **Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.**
  - a. Physical activity includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
  - b. Thinking and concentration activities include homework, schoolwork, jobs, watching TV, video games, texting, use of computers.
4. Drink lots of fluids and eat carbohydrates and protein to main appropriate blood sugar levels.
5. **As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms become worse or return, decrease your activities, then try again to increase your activities gradually.**
6. During recovery, it is normal to feel frustrated and sad when you “do not feel right” and you can't be as active as usual.
7. Repeated evaluation of your symptoms is recommended to help guide recovery.

Your school takes concussions very seriously. At times, this means missing time from school and sports. Your school's concussion protocol (as dictated by Massachusetts Law) requires that students be evaluated by a physician for clearance to be able to return to full sports participation. Medical clearance can only be given after a graduated return to play plan has been completed and the student has remained symptom free. Your Athletic Trainer and Athletic Director can help guide you through this process.