

Concussion Monitoring Instructions

_____ hit his/her head today during school while _____ . Although your child is not exhibiting any serious symptoms at this time, further monitoring at home is recommended to rule out a possible concussion as sometimes symptoms take awhile to appear. Please follow the important recommendations listed below:

1. Home Care Recommendations:
 - Eat a light diet
 - Drink water
 - Rest comfortable
 - Go to sleep, but wake every 3 hours to check for responsiveness
 - Eliminate/Minimize the use of computers, cell phones, video games, iPads, and T.V.
2. Seek immediate care if the following occur:
 - Significant increase or localized headache
 - Decreasing level of consciousness
 - Unequal pupil size
 - Mental status changes: lethargy, difficulty maintaining arousal, change in attitude/demeanor (confusion, agitation)
 - Seizure activity
 - Vomiting
 - Inability to move a body part or loss of balance
 - Anything out of ordinary for your child
3. Other recommendations

Recommendations Provided to: _____

Please feel free to contact me if you have any questions. I can be reached at: _____

Signature: _____ Date: _____