

# Weimar Independent School District Post Head Injury Home Instructions

Athlete: \_\_\_\_\_  
Sport: \_\_\_\_\_

Date of Injury: \_\_\_\_\_  
Home Phone: \_\_\_\_\_

Your son/daughter has sustained a head injury while participating in athletics in a Weimar ISD athletic program. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms.

1. Headache (especially one that increases in intensity \*)
2. Nausea and vomiting\*
3. Difference in pupil size from right to left eye. Dilated pupils\*
4. Mental confusion/ behavior changes
5. Dizziness
6. Memory Loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision\*
10. Slurred speech\*
11. Noticeable changes in the level of consciousness (difficulty awakening or losing consciousness suddenly)\*
12. Seizure activity\*
13. Decreased or irregular pulse OR respiration\*

**\*Seek medical attention at the nearest emergency department**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concerns at all about symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow in the instructions outlines below.

It is <b>OK</b> to:	There is <b>No NEED</b> to:	<b>Do NOT</b> :
<ul style="list-style-type: none"> <li>• Use acetaminophen (Tylenol) for headaches</li> <li>• Use ice pack on head &amp; neck for comfort</li> <li>• Eat a light diet</li> <li>• Go to sleep (rest is very important)</li> <li>• No strenuous activity or sports</li> <li>• Return to school, unless otherwise advised by your physician</li> </ul>	<ul style="list-style-type: none"> <li>• Check eyes with a flashlight</li> <li>• Wake up every hour</li> <li>• Test reflexes</li> </ul>	<ul style="list-style-type: none"> <li>• Drink alcohol</li> <li>• Drive while symptomatic</li> <li>• Exercise or lift weights</li> <li>• Take ibuprofen (Advil), naproxen or other anti-inflammatory medications</li> <li>• No Video or computer games</li> <li>• Minimize texting, watching TV, listening to music or talking on the phone.</li> <li>• Read</li> <li>• Bright lights or loud noise</li> </ul>

**Please remind your child to check in with the Coaching Staff prior to going to class, on the first day he or she returns to school.**

Recommendations provided to: \_\_\_\_\_

Recommendations provided by: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_