

# TVS Concussion Home Care Instructions

## TODAY/TONIGHT:

- Observe your child for concussion symptoms using the “Symptom Evaluation” sheet provided (BLUE sheet), taking note of any changes since the initial injury.

The following recommendations are based on the latest concussion research and are what we advise.

- **A person with a concussion may:**
    - Use acetaminophen (Tylenol) for headaches
    - Eat a light diet and drink plenty of fluids
    - Go to sleep
    - Rest your body (no strenuous activity or sports)
    - Rest your mind (no computer or texting, very short bouts of TV or reading followed by a break)
  - **There is no need to:**
    - Wake up every hour
    - Test reflexes
    - Stay in bed or completely dark room
  - **Do Not:**
    - Drink alcohol
    - Drive while symptomatic
    - Exercise or lift weights
    - Use computer or text
    - Watch TV for long periods of time
    - Take ibuprofen (Advil), aspirin, naproxen (Aleve), or other NSAIDS
  - Additional Instructions: \_\_\_\_\_
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### GO TO THE HOSPITAL IMMEDIATELY IF ANY OF THESE SIGNS ARE VISIBLE:

- Worsening Headache
- Very Drowsy
- Seizures
- Unsteady
- Vomiting
- Can't recognize people or places
- Slurred Speech

- Confused

*If you feel uncomfortable with your child's status, even if they do not have any of the symptoms above, please seek further medical care today.*

## TOMORROW:

- If your child has a symptom score of \_\_\_\_ or higher OR is feeling worse overall than the day before, keep him/her home from school as attending classes will likely aggravate symptoms further.
- If he/she is feeling better or if overall symptom score is below \_\_\_\_ send your child to school and have him/her check in with Alan or Carrie at \_\_\_\_\_.

## **TVS Athletic Trainers will:**

- Notify the concussion team (nurse, counselor, division head, advisor, teachers) that your child is being observed for or has been diagnosed with a concussion. If needed, academic accommodations will be extended for up to 3 days (No tests, quizzes, homework, etc)
- Communicate our recommendations regarding follow-up with an ImPACT trained physician, if needed, after re-evaluating your child.
- Communicate steps for returning to full academic load.
- Communicate steps for returning to full athletic participation.