

Davis Senior High School Parent Notification Form

Dear Parent/Guardian,

You are receiving this form because:

- Your child has symptoms consistent with a concussion. At the time of evaluation, there was no sign of any serious complications.
- He/she will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-24 hours.

Call 911 and go to the nearest Hospital Emergency Department for the following:

- Headache that worsens or can't recognize people or places
- Seizure (uncontrolled jerking of arms/legs) or Looks very drowsy/Can't be awakened
- Weakness or numbness of arms/legs or Increased confusion and/or irritability
- Repeated vomiting or unusual behavior
- Loss of consciousness or Slurred speech
- Lack of balance/unsteadiness on feet or Drainage of blood/fluid from ears or nose
- Changes in vision (double, blurry vision) or Loss of bowel and/or bladder control

Recommendations:

- Make an appointment to see a physician within 72 hours. Inform your child's teachers about the injury. Keep your child out of school if symptoms are severe or worsened by reading or studying. **Contact the school if you keep your child home.**
- AVOID medications like ibuprofen (Motrin, Advil) or aspirin for the next 48 hours due to the potential of increased bleeding risk in the brain.
- Acetaminophen (Tylenol) can be tried but often won't take away a concussion headache. DO NOT give narcotic pain medication like codeine.
- Check for normal breathing every few hours while sleeping but DO NOT wake your child up unless you are concerned. If he/she can't be aroused, call 911 immediately.
- Track your child's symptoms using the **CIF Graded Concussion Symptom Checklist** (Find this on cifstate.org) or (<http://dshs.djUSD.net/athletics>). Bring these checklists to your physician.
- No activities like afterschool sports and PE, and no physical exertion until your child is evaluated and cleared by a physician **(MD/DO) trained in the diagnosis and management of concussions.** See list of local MD/DO trained in the diagnosis and management of concussions.
- Refer to the ***CIF Return-to-Learn*** and ***CIF Return-to-Play*** protocols on the DSHS Athletic Webpage or inquire with DSHS Athletic Department. jlorenson@djUSD.net