

# What is a concussion?

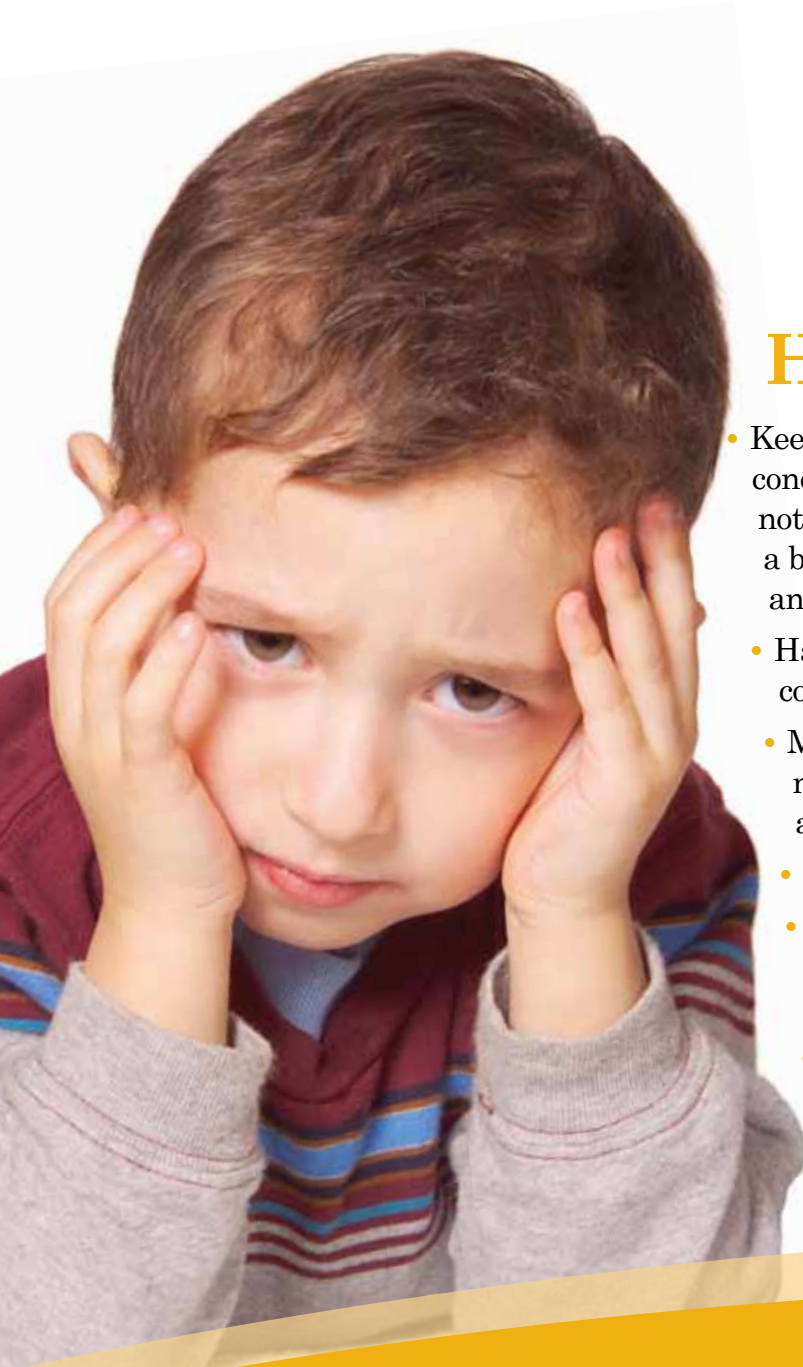
A concussion is a mild injury to the brain that disrupts how the brain normally works. It is usually caused by a sudden blow or jolt to the head, although people often bump or hit their heads without getting a concussion.

## Common Symptoms:

- Headaches
- Sick to stomach or vomiting
- Dizziness or balance problems
- Low energy or being run down
- Trouble with vision/seeing
- Bothered by light or noise
- Sleep problems
- Slowed thinking
- Trouble paying attention
- Difficulty remembering
- Irritability or grouchiness
- Easily upset or frustrated
- Sadness

## How can you help?

- Keep your child safe. While problems caused by the concussion are still seen, it is important that your child does not hit his or her head again. Your child will need to take a break from sports and other activities that might cause another head injury.
- Have your child rest. Doing too much too soon after a concussion may make problems worse.
- Make sure your child gets enough sleep. Some children need more sleep than usual in the first hours or days after injury.
- Eat healthy foods and drinking plenty of water.
- Allow extra time to finish things and give more breaks. Learning and paying attention may be more difficult than normal.
- Be patient. After a concussion, your child might seem cranky, more easily upset, or more tired and forgetful.
- Avoid substances that will make symptoms worse such as drugs and alcohol.



# When should I get medical help?

You should get **IMMEDIATE** medical help if your child displays:

- Headache that gets worse, lasts for a long time or is severe
- Confusion, extreme sleepiness or trouble waking up
- Vomiting three or more times
- Trouble moving or talking
- Seizure or convulsion (arms or legs shake uncontrollably)
- Major change in thinking or behavior

## Denver Health Recommendations

- ☐ Tell your child's school teacher, counselor or nurse that your child had a concussion
- ☐ Return to school in \_\_\_\_\_ days
- ☐ Return for \_\_\_\_\_ hours or \_\_\_\_\_ half a day before returning for full days within \_\_\_\_\_
- ☐ Allowing rest time or breaks during the day
- ☐ Decrease homework and class work
- ☐ Allow assignments to be turned in late
- ☐ Putting off tests until the student is back to normal
- ☐ Giving extra time to complete tests
- ☐ Providing special seating to help the student focus and so the teacher can watch the student carefully
- ☐ No Physical Education until cleared
- ☐ Physical Education for non contact activities
- ☐ Full Physical Education

### Sports and Activity Recommendations:

- ☐ No contact until cleared by primary provider
  - ☐ Full rest
  - ☐ Cleared for low level activity like walking
  - ☐ Cleared to start return to play guideline once back to normal
- Progress each step only when symptom free through the rest of the day
1. Low impact aerobic activity, gradually increasing in intensity
  2. Low intensity impact activity like jogging
  3. Impact aerobic activities such as running and some low weight high repetition weight lifting
  4. Non-contact drills and more intense weight lifting
- ☐ Follow up with Concussion Clinic prior to being cleared for full return to play
  - ☐ May return to play under direction of athletic trainer/coach/parent following successful completion of above
  - ☐ **Always wear the right protective equipment including helmets**

See your Primary Care Provider in one week to discuss when to return to sports/physical activity.