

Athlete: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ Time: \_\_\_\_\_

School: \_\_\_\_\_ Athletic Trainer: \_\_\_\_\_ Phone: \_\_\_\_\_

Any athlete receiving a blow to the head may have an injury to the brain or the small blood vessels that is not always evident immediately following the accident. It is very important that the athlete is observed closely following the injury. It is imperative that a doctor be contacted immediately if any signs of deterioration are observed.

*For Suspected Head Injuries, Keep in Mind*

- NO ibuprofen (advil)
- NO naproxen (aleve)
- NO aspirin
- NO Drugs or Tobacco products
- NO Alcohol
- AVOID Loud environments (sporting events, concerts, etc)
- AVOID ear buds/headphones
- NO Video Games
- LIMIT Use hand-held devices
- DO NOT LEAVE alone for extended periods of time

\*\*\*ALL suspected concussions must follow up with a physician in order to receive clearance to return to participation. The NCHSAA Concussion Return to Play Form must be completed and signed by a licensed Medical Doctor (MD) or Osteopathic Physician (DO), along with 6 day Return to Play criteria.\*\*\*

**The following is a list of signs that may reveal further problems:**

1. Noticeable changes in the level of consciousness.
2. Persistent Vomiting.
3. Noticeable eye pupil dilation of ONE eye.
4. Unusual blurriness or other visual problems
5. Weakness, paralysis, or inability to balance, stand, or walk normally.
6. Convulsions or jerking and/or stiffening movements of the arms and legs.
7. Confusion, disorientation, memory loss, changes in personality.
8. Speech becomes slurred or inability to talk.
9. Marked restlessness.
10. Decreased or irregular pulse, changes in respiration, or difficulty breathing
11. Headaches: a headache is common after injury. A warning sign is when the headache becomes more severe and widespread throughout the head.

**If any of the above conditions should start to occur or worsen, take your child to a hospital immediately.** It is important to pay close attention to head injuries, even those that seem minor. A second blow to the head before the first injury has resolved can cause brain injury and sometimes death. This is called *Second Impact Syndrome*. Multiple concussions have been linked to decreased mental function, permanent mental disturbance, and even death.

**If you have any questions, it's always better to be safe than sorry.**