**Hathaway Brown School**

**Home Instruction Care for a Concussion**

Your daughter has received a concussion. A careful medical examination has been carried out and no sign of serious complications has been found. It is expected that recovery will be rapid, but she will need monitoring for a further period by a responsible adult. Please read and follow the information below to optimize the recovery of your daughter.

**Concussion Overview**

* A concussion results from trauma to the brain.
* During a concussion the brain loses the ability to function normally even though the athlete may “look” fine.
* Common symptoms of a concussion are: HEADACHE, DIZZINESS, NAUSEA, VOMITING, FEELING IN A FOG OR SLOWED DOWN, FATIGUE, CONFUSION, TROUBLE CONCENTRATING, DECREASE IN MEMORY, IRRITABILITY, AND DIFFICULTY WITH SLEEP.
* The symptoms of a concussion are usually reversible. However, careful management and return to play guidelines must be followed to prevent potential life threatening complications.

**Seek medical attention immediately if any of the following occur:**

* Worsening headache
* Sudden changes in vision
* Trouble with balance or walking
* Sudden increase in sleepiness or hard to wake up
* Inability to recognize people or places
* Repeated episodes of vomiting
* Unusual behavior or increasing confusion
* Any seizure activity
* Numbness or weakness in arms and/or legs
* Slurred speech or trouble speaking

**Other important guidelines:**

* It is important to rest as much as possible; no physical activity/exercise until medically cleared.
* The athlete should limit mental activity (watching TV, computer, cell phones, video games, etc). If school work or activities that require concentration increase symptoms, stop the activity immediately.
* Stay hydrated and maintain a regular diet; no alcohol.
* It is advisable to wake the athlete every six hours the first night to make sure she can be awakened; otherwise, sleep is important for adequate recovery.
* Most headaches can be treated with acetaminophen as needed. Notify your doctor if this does not provide relief. Seek immediate medical care if the headache suddenly and dramatically increases.
* The athlete needs to follow up with the athletic trainer (or physician) within the next 24 hours.

**Contact Information**

Evaluating Athletic Trainer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Team Physician: Dr. Susannah Briskin

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