



All learners achieving individual potential

FOREST HILLS PUBLIC SCHOOLS Understanding Concussion

Return this signed form to your school office where it will be kept on file for the duration of participation or age 18.

SOME COMMON SYMPTOMS OF CONCUSSION

Headache Pressure in the Head Nausea/Vomiting Dizziness	Balance Problems Double Vision Blurry Vision Sensitive to Light	Sensitive to Noise Sluggishness Haziness Fogginess Grogginess	Poor Concentration Memory Problems Confusion "Feeling Down"	Not "Feeling Right" Feeling Irritable Slow Reaction Time Sleep Problems
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WHAT IS A CONCUSSION?

Concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning, or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION

1. **SEEK MEDICAL ATTENTION RIGHT AWAY.** A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
2. **KEEP YOUR STUDENT OUT OF PLAY.** Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
3. **TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION.** Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS

<ul style="list-style-type: none"> Appears dazed or stunned Is confused about assignment or position Forgets an instruction 	<ul style="list-style-type: none"> Can't recall events prior to or after a hit or fall Is unsure of game, score, or opponent Moves clumsily 	<ul style="list-style-type: none"> Answers questions slowly Loses consciousness (even briefly) Sows mood, behavior, or personality changes
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CONCUSSION DANGER SIGNS

<ul style="list-style-type: none"> One pupil larger than the other Is drowsy or cannot be awakened A headache that gets worse Weakness, numbness, or decreased coordination 	<ul style="list-style-type: none"> Repeated vomiting or nausea Slurred speech Convulsions or seizures Cannot recognize people/places 	<ul style="list-style-type: none"> Becomes increasingly confused, restless, or agitated Has unusual behavior Loses consciousness (even a brief loss of consciousness should be taken seriously.)
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HOW TO RESPOND TO A REPORT OF A CONCUSSION

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, he or she should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on a computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rest breaks, be given extra help and time, spend less time reading, writing, or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more: www.cdc.gov/concussion

Participants and parents please review and keep the educational materials available for future reference.

Parents and students must sign and return the educational material acknowledgement form below and return to your school's office.

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Facts Sheet for Students provided by Forest Hills Public Schools, Sponsoring Organization.

Participant Name Printed _____

Parent or Guardian Name Printed _____

Participant Name Signature _____

Parent or Guardian Name Signature _____

Date _____

Date _____