



Head hit / Concussion Triage Information

RED FLAGS—Seek immediate emergency medical care

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| <ul style="list-style-type: none"> • Trouble walking/talking • Numbness in arms/legs • Unusual changes in behavior • Severe headache | <ul style="list-style-type: none"> • Increased confusion • Neck pain • Cannot be awakened • Repeated vomiting (more than 1 time) | <ul style="list-style-type: none"> • Seizure activity • Any fainting or loss of consciousness • Poor memory of NEW events |
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If you suspect a concussion, have your child sit out of their sport for the next 24 to 48 hours and observe for symptoms. During the observation period Acetaminophen (Tylenol) can be given for headaches. If symptoms from above occur during the first 48 hours seek emergency care.

General Concussion Symptoms: If these symptoms persist, patient should be seen in the next 5 to 10 days for concussion evaluation and a return to play/school plan.

Physical		Thinking	Emotional	Sleep
Headache	Fatigue	Feeling Mentally Foggy	Irritability	Drowsiness
Nausea	Noise Sensitivity	Problems with Focus/concentration	Sadness	Sleeping more than usual
Visual Problems	Vomiting	Memory Problems	Feeling more emotional	Sleeping less than usual
Light Sensitivity	Dizziness	Slowed Thinking	Nervous or anxious	Trouble falling or staying asleep
Balance Problems				
Numbness/tingling				

Recovery:

REST—This is the most important factor in helping the brain to recovery. Rest means rest from all mental and physical activities. Naps through out the day can help. Patient should be rouse-able or you should be able to wake him/her.

Decreased technology time—Little to no time should be spent on computer, texting, video games, etc.

Reduce daily demands—Reduced school work/school day, and limit social interactions

Relaxation—Implement relaxation techniques, meditation, quiet time, soft music (limited time)

General recovery and symptom reduction tips—Increased hydration and good carbohydrate replenishment, no caffeinated drinks, no stimulants, no alcohol