



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

Table with 5 columns listing symptoms: Headache, Balance Problems, Sensitive to Noise, Poor Concentration, Not 'Feeling Right'; Pressure in the Head, Double Vision, Sluggishness, Memory Problems, Feeling Irritable; Nausea/Vomiting, Blurry Vision, Haziness, Confusion, Slow Reaction Time; Dizziness, Sensitive to Light, Fogginess, 'Feeling Down', Sleep Problems; Grogginess

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.

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 YOU SUSPECT A CONCUSSION

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is...
2. KEEP YOUR STUDENT OUT OF PLAY. Concussions take time to heal. Don't let the student return to play the day of injury...
3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION. Schools should know if a student had a previous concussion.

SIGNS OBSERVED BY PARENTS

Table with 3 columns listing signs: Appears dazed or stunned, Can't recall events prior to or after a hit or fall, Answers questions slowly; Is confused about assignment or position, Is unsure of game, score, or opponent, Loses consciousness (even briefly); Forgets an instruction, Moves clumsily, Sows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS

Table with 3 columns listing danger signs: One pupil larger than the other, Repeated vomiting or nausea, Becomes increasingly confused, restless, or agitated; Is drowsy or cannot be awakened, Slurred speech, Has unusual behavior; A headache that gets worse, Convulsions or seizures, Loses consciousness (even a brief loss of consciousness should be taken seriously.); Weakness, numbness, or decreased coordination, Cannon recognize people/places

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.

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.

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, Participant Name Signature, Date, Parent or Guardian Name Printed, Parent or Guardian Name Signature, Date