

Parent Notification of Head Injury During School Hours



Instructions to Parent/guardian:

This document serves to notify you that your student has had a bump to the head today at school. Please refer to the attached checklist to see what signs and symptoms were observed at school.

All bumps to the head are serious, even minor bumps can result in a concussion. The school cannot diagnose a concussion - only a qualified healthcare provider can diagnose a concussion. **If you have any concerns about unusual behavior of your student following any trauma to the head you should take your student to a healthcare provider experienced in evaluating for concussion.**

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for ANY of the following signs and symptoms and contact a qualified healthcare provider with any concerns.

SIGNS OBSERVED BY OTHERS

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|---------------------------------------|--|
| Appears dazed or stunned | Can't recall events prior to hit, bump, or fall |
| Is confused about events | Can't recall events after hit, bump, or fall |
| Answers questions slowly | Loses consciousness (even briefly) ^{*1} |
| Repeats questions | Shows behavior or personality changes |
| Forgets class schedule or assignments | |

SIGNS REPORTED BY STUDENT

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| Difficulty thinking clearly | Difficulty concentrating or remembering |
| Feeling more slowed down | Feeling sluggish, hazy, foggy, or groggy |
| Headache or 'pressure' in the head | Nausea or vomiting |
| Balance problems or dizziness | Fatigue or feeling tired |
| Blurry or double vision | Sensitivity to light or noise |
| Drowsy | Does not 'feel right' |
| Irritable | More emotional than usual |
| Sad | Nervous |

DANGER SIGNS: Be alert for any symptoms that worsen over time. The student should be seen in an emergency department right away if they have one of more of these danger signs.

**If school staff observe any danger signs, they will call EMS/911*

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| One pupil less responsive than the other | Drowsiness or cannot be awakened |
| Headache that gets worse and does not go away | Weakness, numbness, or decreased coordination |
| Repeated vomiting or nausea | Slurred speech |
| Convulsions or seizures | Difficulty recognizing people or places unusual behavior |
| Increasing confusion, restlessness, or agitation | |
| Loss of consciousness (even briefly should be taken seriously) | |