

What if my child has been diagnosed with a concussion?

Help your child get the needed support.

Talk with your child's teachers, school nurse, coach, and counselors about his or her concussion and symptoms. Recognize your child may feel frustrated, sad and even angry because he or she cannot return to recreation and sports right away or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks.

Help them take time to get better. If your child has a concussion, his or her brain needs time to heal. Your child may need to limit activities while he or she is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headaches or tiredness) to reappear or get worse. After a concussion, both physical and cognitive activities (involving concentration and learning) should be carefully managed and monitored by a health care professional.

Together with your child, learn more about concussions. Talk about the potential long-term effects of a concussion and the dangers of returning too soon to normal activities (especially physical activities and those involving learning and concentration). For more information about concussion visit:

www.cdc.gov/Concussion

North Syracuse Central School District Return to Play/Activity Protocol Following a Concussion.

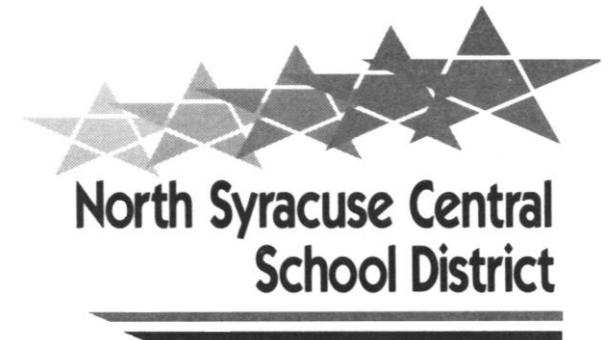
When a student or student athlete shows **ANY** signs or symptoms of a concussion:

1. The student or student athlete will not be allowed to return to play in the current game, practice or activity.
2. The student or student athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The student or athlete should be medically evaluated following the injury.
4. Return to play or participation in any activity must follow the medically supervised stepwise process listed in the school policy.

The protocol outlined in the **Concussion Management Policy (5421.2)** applies to all students and student athletes in the North Syracuse School District.

To review the NSCSD Concussion Management Policy go to:
www.nscsd.org/cnssportsmedicine

CONCUSSION FACTS FOR STUDENTS AND PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, jolt to the head or contact to the body that causes the head and brain to move rapidly back and forth. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

CONCUSSION SUMMARY - A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung".

SIGNS AND SYMPTOMS OF A CONCUSSION

Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.



SIGNS OR SYMPTOMS FREQUENTLY OBSERVED IN SOMEONE EXPERIENCING A CONCUSSION:

- Appears dazed or stunned
- Has nausea or is vomiting
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump blow or fall.
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments
- Displays sensitivity to light or noise
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people and places
- Decreased coordination

SYMPTOMS REPORTED BY CHILD:

Physical Symptoms:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish or fatigued
- Numbness or tingling
- Does not "feel right"
- Sleep pattern may change (sleeps less than usual or more than usual)

Thinking/ Remembering:

- Difficulty paying attention or concentrating
- Difficulty thinking clearly
- Feeling hazy, foggy, groggy or slowed down

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

