

# 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

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

## SIGNS REPORTED BY STUDENT

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

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