

When to Stay Home:

If your child cannot concentrate more than 30-45 minutes, stay home.

If advised to return to school: First, always inform teachers, coaches, and counselors of the injury and symptoms. If you were given a care plan, make sure school staff are aware of the doctor's recommendations.

The doctor may recommend academic help such as breaks built into the day, reduced homework, or exemptions from tests. As symptoms improve, your child will be allowed to increase his or her academic activity.

Returning to daily routine: Return to school or sports only after clearance by a doctor or other licensed healthcare provider.

Other Resources

Children's National:
www.ChildrensNational.org/SCORE

Provides athletes and families with information about concussion care after being in the hospital.

Center for Disease Control (CDC):
www.CDC.gov/Concussion

Provides families with information on what to do if they suspect a concussion, lists signs and symptoms, and indicates when to seek urgent care. It includes "Heads Up" videos for athletes, coaches, and doctors.



Children's National™

111 Michigan Ave NW
Washington, DC 20010
ChildrensNational.org



Children's National™

After A Concussion

A Guide For Families

SCORE Program

If your child's symptoms continue longer than five to seven days, or if he or she had a previous concussion, the doctor may refer your child to a specialist for follow-up.

The Children's National SCORE (Safe Concussion Outcome Recovery and Education) Program provides a comprehensive evaluation and treatment plan tailored to your child's specific needs for a successful recovery.

www.ChildrensNational.org/SCORE



Common Symptoms

A concussion, also known as a mild traumatic brain injury, is a disruption of brain function caused by a blow to the head or body that causes the head to move violently.

Brain function is disturbed and may involve a loss of consciousness. Evidence of a concussion is not seen on a CT Scan or other medical imaging. Your child may have one or more of the following common symptoms after a concussion:

- Headache
- Nausea or vomiting
- Dizziness
- Balance problems
- Visual problems
- Fatigue or tiredness
- Sensitivity to light or noise
- Numbness or tingling in legs or arms
- Feeling foggy or slowed down
- Difficulty remembering or concentrating
- Irritability or sadness
- More emotional
- Nervousness
- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

When to Seek Care

Seek care if symptoms get worse or if there are changes in behavior. Call your doctor right away or go to the Emergency Department if:

- Headaches worsen
- Seizures occur
- Very irritable
- Neck pain
- Very drowsy
- Repeated vomiting
- Slurred speech
- Increased confusion
- Weakness or numbness in arms or legs
- Less responsive than usual

Immediately after the Injury

Take pain medicine as prescribed and use an ice pack on the head and neck as directed. Get plenty of rest and sleep; there is no need to stay in bed or wake up every hour.

Do not:

- Drive while symptoms are present
- Exercise or lift weights
- Drink alcohol
- Participate in sports or high-risk activities such as biking or climbing

While You Recover

Most people recover completely but a concussion is a serious event. You should follow your doctor's orders very carefully in order to help your child return to his or her normal activities.

The key to recovery and returning to daily activities:

- Sleep
- Physical and mental rest
- Avoidance of activities that might result in another injury

It may be difficult for a person to change his or her normal routine. Your child may need help from you, other family members, coaches, and teachers.

Returning to sports: The doctor will guide your child's gradual return to physical activity as symptoms allow. Your child should never return to any active sport activity until directed by a physician. This includes:

- Physical Education
- Physical activity at recess
- Sports practices
- Games