

Davenport Community School District Concussion Information Home Instruction Sheet for Parents

Your Son/Daughter has a head injury or concussion and needs to be monitored closely for the next 24-48 hours

It is OK to:	There is no need to:	DO NOT:
<ul style="list-style-type: none"> -Use Tylenol (Acetaminophen) -Use an ice pack to head/neck for comfort -Eat a light meal -Go to Sleep -Rest -Keep them out of school for a couple of days 	<ul style="list-style-type: none"> -Check eyes with a light -Wake up every hour -Stay in Bed 	<ul style="list-style-type: none"> -Drink alcohol -Eat Spicy foods -Drive a car -Use Computer, Text, Watch TV, Video Games, Read -Use aspirin, Aleve, Advil or other NSAID products -Do any activity that increases heart rate

Special Recommendations:

Watch For Any Of The Following Problems:	
<ul style="list-style-type: none"> Worsening Headache Vomiting Decrease Level of Consciousness Dilated Pupils Increased Confusion 	<ul style="list-style-type: none"> Stumbling/Loss of Balance Weakness in one arm/leg Blurred Vision Increased Irritability

If any of these problems develop, please take your son/daughter to the Emergency Room or call 911. You may call your athletic trainer or school nurse if you have any questions.

Athletic Trainer/School Nurse: _____

Phone: _____