CONCUSSION Parent Information

BE ALERT FOR SYMPTOMS THAT WORSEN OVER TIME. YOUR CHILD OR TEEN SHOULD BE SEEN IN AN **EMERGENCY DEPARTMENT** RIGHT AWAY IF S/HE HAS:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Regular meals, adequate hydration, and good rest are important. Encourage your child to take rest breaks and naps when tired. Have your child go to bed early and get adequate sleep.

Children and teens with a concussion or suspected concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should ***delay returning to their activities until a healthcare professional experienced in evaluating for concussions says they are symptom-free and it's OK to return to play***.
This means, until permitted, **DO NOT** return to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess or at home

THERE ARE SOME CHILDREN WHO MAY REQUIRE "COGNITIVE" REST.

- This includes refraining from the use of computers/iPads/videogames/cell phones.
- It may involve remaining home from school.

This is a very individualized decision made by your physician. If returning to school is permitted, and post-concussion symptoms such as headache, fatigue, vision problems or other issues occur, removal from full-time school with a more gradual return may be needed.

Your child may feel frustrated or sad because s/he doesn't feel well. Reassure them that they will begin to feel better over time.

Your child should follow up with either your Pediatrician within 2 weeks or Maimonides Medical Center Pediatric Neurology Clinic - 718-283-7500

*Modified from the Center for Disease Control & Prevention

Maimonides Children's Hospital