



Santa Margarita Catholic High School

Suspected Head Injury Home Information

_____ received an impact that may have caused a concussion. Many signs and symptoms of a concussion occur within a short period of time following the injury. However, others may not appear until several hours after the injury. The purpose of this letter is to alert you to the signs and symptoms of concussion and allow us to provide better care for your son or daughter.

Seek medical attention immediately if your son or daughter experiences one or more of the following symptoms, especially if the symptoms become worse after the initial injury.

- Difficulty remembering recent events or meaningful facts
- Severe headache, particularly at a specific location
- Stiffening of the neck
- Blood or clear fluid coming from the ears and/or nose
- Mental confusion
- Nausea or vomiting
- Dizziness, poor balance, or unsteadiness
- Weakness in arms or legs
- Abnormal drowsiness or sleepiness
- Convulsions
- Pupils are unequal, dilated, or non-reactive to light changes
- Loss of appetite
- Persistent ringing in the ears
- Slurring of speech
- Blurred vision, double vision, or trouble focusing
- Unusual behavior

The appearance of the above symptoms may indicate a significant head injury requiring immediate medical attention! Report to the nearest emergency room or call 911.

Do not give any pain relievers, unless directed by a physician, as they may mask symptoms.

The enclosed **Physician Head Injury Evaluation Form** must be completed by a **neurologist** or **other licensed health care provider trained in the management of concussion**. Please see our **approved provider list in this packet**.

Return the **Graded Symptom Checklist, Physician Head Injury Evaluation, and Academic Modifications** forms to Mr. Nick Anderson in the athletic training room as soon as possible following your physician visit. Forms can be emailed to andersonn@smhs.org or dropped off in the nurses' office the first day your child returns to school. Academic modifications will be forwarded to the appropriate parties by the concussion management team. **Academic modifications will not be granted without the Physician Head Injury Evaluation AND Academic Modifications forms completed by the physician.** For more information on how concussions are managed @ SMCHS, please visit www.smhs.org/concussions.