

\_\_\_\_\_, received a **CONCUSSION** on \_\_\_\_\_ during their most recent athletic event. Supporting a student recovering from a concussion requires a collaborative approach among school professionals, health care providers, and parents as he/she may need accommodations during their recovery.

When students return to school after a concussion, school professionals should watch for:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class that's out of the ordinary
- Greater irritability
- Less ability to cope with stress or more emotional.

Students may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, or working on the computer, may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

This student should not participate in any Physical Education class until cleared by a Physician or Certified Athletic Trainer.

Students who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork, and/or reduce time spent on the computer reading or writing.

Circled/Highlighted below are the following symptoms that they may be experiencing.

**Physical:**

- Headache/pressure
- Nausea
- Dizziness
- Poor Balance
- Sensitivity to light
- Sensitivity to noise

**Emotional:**

- Irritability
- Sadness
- Depression
- Lack of motivation
- Anxiety
- Personality changes

**Mental:**

- Fatigue
- Drowsiness

**Cognitive:**

- Feeling in a “fog”
- Feeling “slowed down”
- Difficulty Remembering
- Difficulty Concentrating
- Easily Confused

