

Jacksboro Independent School District

Athlete: _____ Date of injury: _____
Sport: _____ Home Phone: _____

Your son/daughter has sustained a head injury while participating in athletics in a Jacksboro ISD athletic program. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms.

1. Headache (especially one that increases in intensity*)
2. Nausea and vomiting*
3. Difference in pupil size from right to left eye, dilated pupils*
4. Mental confusion / behavior changes
5. Dizziness
6. Memory Loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision*
10. Slurred speech*
11. Noticeable changes in the level of consciousness (difficulty awakening or losing consciousness suddenly)*
12. Seizure activity*
13. Decreased or irregular pulse OR respiration*

*** Seek medical attention at the nearest emergency department**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concerns at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlines below.

It is OK to:

- * Use acetaminophen (Tylenol) for headaches
- * Use ice pack on head & neck for comfort
- * Eat a light diet
- * Go to sleep
- * Rest (no strenuous Activity or sports)

There is NO need to:

- * Check eyes with a flashlight
- * Wake up every hour
- * Test reflexes
- * Stay in bed

Do NOT:

- * Drink alcohol
- * Drive while symptomatic
- * Exercise or lift weights
- * Take ibuprofen (Advil), naproxen or other anti-inflammatory medication

Please remind your child to check in with the Certified & Licensed Athletic Trainer prior to going to class, on the first day he or she returns to school.

Recommendations provided to: _____

Recommendations provided by: _____

Date: _____ Time: _____

Athletic Training Room Phone Numbers : Madalyn Miller MS, ATC, LAT (817) 832-0506