



Kentwood Public Schools  
5820 Eastern Avenue SE  
Kentwood, MI 49508

**“IT’S BETTER TO  
MISS ONE ACTIVITY  
THAN THE WHOLE  
SCHOOL YEAR”**

## PARENT AND STUDENT CONCUSSION INFORMATION SHEET

### What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

### What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If a student reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of the activities for the day. The student should only return to regular activities with permission from a health care professional experienced in evaluating for concussion.

#### Did you know?

- Most concussions occur without loss of consciousness.
- Students who have, at any point in their lives, had a concussion have an increased risk for another one.
- Young children and teens are more likely to get a Concussion and take longer to recover than adults.

#### Why should a student report their symptoms?

If a student has a concussion, his/her brain needs time to heal. While the brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions can result in brain swelling or permanent damage to the brain. They can even be fatal.

### Symptoms reported by Student:

- \* Headache or “pressure” in head
- \* Nausea or vomiting
- \* Balance problems or dizziness
- \* Double or blurry vision
- \* Sensitivity to light and/or noise
- \* Confusion
- \* Feeling sluggish, hazy, foggy, or groggy
- \* Concentration or memory problems
- \* Just not “feeling right” or is “feeling down”

### Signs observed by Staff:

- \* Appears dazed or stunned
- \* Forgets an instruction
- \* Moves clumsily
- \* Answers questions slowly
- \* Loses consciousness (even briefly)
- \* Is confused about assignment or position
- \* Shows mood, behavior, or personality changes
- \* Can’t recall events prior to hit or fall
- \* Can’t recall events after hit or fall

### Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- \* One pupil is larger
- \* Slurred speech
- \* Unusual behavior
- \* Convulsions/seizures
- \* Drowsy or cannot be awakened
- \* Headache that gets worse
- \* Weakness, numbness, or decreased coordination
- \* Cannot recognize people or places
- \* Increasingly confused, restless, or agitated
- \* Loses consciousness (even a brief loss is serious)

To learn more go to: [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

### What should you do if you think your student has a concussion?

1. If you suspect that a student has a concussion, remove the student from any activities and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student out of regular activities for the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and is OK to return to regular activities.
2. Rest is key to helping a student recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports, regular activities, and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

Student Name – Printed \_\_\_\_\_  
Date: \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent / Guardian Name – Printed \_\_\_\_\_  
Date: \_\_\_\_\_

Parent / Guardian Signature \_\_\_\_\_