



## About Head Injuries and Concussions

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussion can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seem like a mild bump to the head can be serious. Most young people with a concussion will recover quickly and fully. But for some, concussions signs and symptoms can last for days, weeks, or longer. If your child has been diagnosed with a concussion please notify your school health office immediately. Contact your District Registered Nurse for questions related to head injuries or concussions.

There is no one single indicator for concussion. Rather, recognizing a concussion requires a symptom assessment. The signs and symptoms of concussion can take time to appear and can become more noticeable during concentration and learning activities in the classroom. For this reason, it is important to watch for changes in how the student is acting or feeling.

### What are Concussion Danger Signs:

- One pupil larger than the other
- Is drowsy 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
- Can not recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

**!! Remember, you can't see a concussion and some students may not experience or report symptom until hours or days after the injury.**

If you suspect or see signs / symptoms of a concussion seek medical attention immediately.

If you do not have primary care provider community resources are available through:

Children's Hospital Colorado Concussion Hotline M-F 8 am-5 pm Phone #: (720) 777-2806

Children's Hospital Colorado Parent Smart Health line For after hours Phone #: (720) 777-0123

It is recommended that you consult with a physician **before** administering any medications.