

Catasauqua Area School District Home Care Instructions Following a Concussion

Following a concussion, the following signs and symptoms may occur:

Headache	Nausea	Vomiting
Dizziness	Lightheadedness	Confusion
Ringing in ears	Poor Coordination/Balance	Difficulty Remembering
Difficulty Concentrating	Sensitivity to light and/or noise	Delayed Responses
Fatigue	Mental Fogginess	Irritability
Blurry and/or double vision	Nervousness	Confusion/Disorientation

Any of these signs and symptoms may show up immediately or in some cases several hours after injury. **If any of these signs or symptoms worsen please seek further medical care at the nearest emergency room.**

The following are some serious signs and symptoms to watch for. **If any of these signs are observed, please seek further medical care at the nearest emergency room or call 911.**

Clear fluid or blood from the nose or ears	Difficulty breathing	Decreasing level of consciousness
Continued double vision	Vomiting more than once	Unequal pupil size
Uncontrollable eye movements	Difficulty maintaining arousal	Weakness/numbness in legs or arms
Neck pain	Slurred speech	Seizures

Following a Concussion, **REST IS KEY!** Follow these guidelines over the next 24-48 hours or as advised by athletic trainer:

Do not participate in any physical activity including physical education class.

Drink plenty of water, avoid caffeine.

Get plenty of rest.

Keep the use of computer, video games, tablets and cell phones to a minimum.

Limit activities that required lengthy mental activity such as homework, school work, reading and job related activities.

Eat a well-balanced diet.

Do not drive.

It is ok to use Acetaminophen (Tylenol). Do not use Ibuprofen or Aspirin.

Returning to School:

Following a concussion student-athletes should check in with their athletic trainer the next school day for a follow up evaluation. School personnel will be notified following a concussion (athletic director, school nurse, guidance counselor, and teachers).

CASD Athletic Trainers:

John Capozzolo

Email: John.Capozzolo@lvhn.org

Phone: 610-360-1435

Sara Smey

Email: Sara.Smey@lvhn.org

Phone: 610-739-9358

Chris Leavy

Email: Christopher_M.Leavy@lvhn.org

Phone: 610-762-4690