



Head Injury Form 2011-12

Dear Parents and Students,

Washington State law (HB1824 enacted May, 2009) requires that students and parents read the information below carefully, then sign on the reverse of this page and return the signed form to school **before any school activities or sports practices begin**. Teachers and coaches also receive education about the dangers of concussion at the beginning of each school year.

Concussion Information for Students and Parents

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. Even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the signs yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in the head”
- Nausea/vomiting
- Neck Pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question or comment

Signs observed by school or teammates, coaches, teachers, parents:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays or instructions
- Is unsure of game, score, opponent
- Moves clumsily or lacks coordination
- Answers questions slowly
- Slurred speech
- Shows behavioral/personality change
- Can’t recall events prior to being hit
- Can’t recall events after being hit
- Seizure or convulsions
- Loses consciousness

