



## WINNISQUAM REGIONAL SCHOOL DISTRICT ATHLETICS

### Home Instructions for Concussion Care

All concussions are considered serious injuries. Mild to severe concussions are categorized as a Mild Traumatic Brain Injury. They are all treated with the same protocol, however, no two concussions are the same and will have different timelines for healing and return to sports participation.

#### Symptoms of a Concussion

- Headache
- Fatigue
- Nausea or vomiting
- Double vision or blurry vision
- Sensitivity to light or noise
- Feels sluggish
- Feels “foggy”
- Problems concentrating and remembering

#### Common Signs of a Concussion

- Student-athlete appears dazed or stunned
- Confusion
- Unsure about game, score or opponent
- Altered coordination
- Balance problems
- Personality change (aggressive behavior)
- Responds slowly to questions
- Forgets events prior to trauma
- Forgets events after trauma has taken place
- Loss of consciousness (any duration)

#### Academic Accommodations

- The Athletic Director or Athletic Trainer will notify the school nurse of the injury.
- The school nurse will notify teachers of the injury.
- Medical documentation will need to be provided to the school nurse by the treating physician.
- The school nurse will provide the teachers with an appropriate health plan that will include academic accommodations based on treating physician’s recommendations.

#### Red Flags

If any of the following signs or symptoms occur, **seek emergency care ASAP**

- Severe headache and/or neck pain
- Frequent vomiting
- Any loss of consciousness
- Excessive confusion
- Seizures
- One pupil larger than the other
- Slurred speech, weakness, numbness, or decreased coordination

**Athletic Trainer Information:**  
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