

I Bumped My Head Today!

Today's date: _____

Dear Parent/Guardian of _____,

We are writing to inform you that your child has injured his/her head while at school. While this may not be serious, it is important to take precautions and watch for any indication of serious head injury.

EMERGENT SYMPTOMS TO WATCH FOR:
<ol style="list-style-type: none">1. Drowsiness or lethargy- cannot be awakened2. Staggering or difficulty walking3. Muscle weakness or paralysis of one or more extremity4. Unequal pupils (one pupil larger than the other)5. Convulsions/seizure or twitching muscles6. Vomiting7. Increasing headache8. Stiff neck or fever9. Clear or bloody fluid draining from the ear or nose10. Unusual behavior11. Speech changed12. Pale or flushed face13. Loss of bowel or bladder control14. Slow and full pulse changing to fast and weak
If any of these occur, contact your healthcare provider or take your child to the emergency room.

ONGOING SYMPTOMS THAT MAY INDICATE A CONCUSSION:
<ol style="list-style-type: none">1. Appears dazed or stunned2. Moves clumsily3. Answers questions slowly4. Drowsiness5. Shows mood, behavior, or personality changes6. Can't recall events prior to or after a hit or fall7. Headache or "pressure" in head8. Nausea or vomiting9. Balance problems or dizziness, or double or blurry vision10. Bothered by light or noise.11. Feeling sluggish, hazy, foggy, or groggy12. Confusion, or concentration or memory problems13. Just not "feeling right," or "feeling down, irritable, or sad"
If one or more of these symptoms occur, contact your healthcare provider.

If your child requires further assessment by a medical provider, please also let your school know. If you have questions, please contact the school office at

_____.

Sincerely,