



## Head Injury Parent Guidelines

If your daughter sustains a head injury (suspected concussion) while participating in athletics, please review the following information and be observant of your daughter for the following symptoms. Please know that symptoms may subside or worsen in subsequent hours and days, and new symptoms may appear as well.

1. Headache (especially increasing intensity\*)
2. Nausea and vomiting\*
3. Ringing in the ears
4. Blurry or double vision\*
5. Memory difficulties
6. Unequal pupil size or unusual dilation\*
7. Slurred speech\*
8. Changes in gait or balance
9. Difficulty awakening or losing consciousness suddenly\*
10. Seizures, convulsions, or tremors\*
11. Decreased or irregular pulse or respiration
12. Stiffness in the neck
13. Mental confusion/behavioral changes
14. Dizzy spells

**\*Seek medical attention at the nearest emergency department**

Ibuprofen, Advil, aspirin and other medications are not recommended unless specified by your daughter's physician. It is okay to allow your daughter to sleep and eat light meals. Your daughter should avoid physical activity until cleared by a physician; also, limit mentally stimulating activities such as watching TV, use of cell phones, computer screens, etc. that exacerbate her symptoms. If you have any questions or concerns regarding symptoms you observe, contact your family physician for instructions or seek immediate medical attention.

**Per California law, your daughter must be seen by a physician (MD or DO) and receive written clearance before she will be allowed to return to athletic participation. Once cleared and symptom-free, she will go through a gradual return-to-play protocol of no less than seven days from the time she is diagnosed. For more information regarding this law, please see the CIF's Concussion Return to Play protocol. Your daughter must check in daily with the athletic trainer before she may progress to the next step in the return-to-play protocol.**

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