

## (I think) my child has a concussion: Now what? A guide for parents and caregivers

\* The following tips are meant as a reference guide for parents. They are NOT intended to replace medical advice from a physician.

**RED FLAGS** – Go directly to an emergency department if at any time your child:

- Loses consciousness
- Vomits repeatedly (more than once)
- Is extremely drowsy (cannot be awakened)
- Is extremely confused (does not know familiar people, self, what year it is, etc.)
- Has a severe headache that starts very suddenly

Event/Timing	What do I do right now?	Whom do I contact	What do I do next?
<b>Loss of consciousness at the time of concussion</b>	<p>If the athlete does not regain consciousness, call 911.</p> <p>If the athlete regains consciousness and does not have evidence of a spinal injury, go to a hospital emergency department.</p>	<ul style="list-style-type: none"> <li>• <b>Emergency department</b></li> </ul>	<ul style="list-style-type: none"> <li>• Make an appointment with your child's doctor or a physician who specializes in concussion management.</li> </ul>
<b>NO loss of consciousness at the time of concussion</b>	<ul style="list-style-type: none"> <li>• Remove the athlete from physical and cognitive activity. This includes school, sports, practices, chores, texting, computer/TV time and homework.</li> <li>• If the athlete is a teenager, do not allow him/her to drive.</li> <li>• Monitor for change in status for about 2 hours. (See 'red flags' listed at the top of this page.)</li> <li>• Allow as much sleep as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coach</b> if needed – inform of concussion</li> <li>• <b>School</b> – inform of concussion, excuse student until seen by a doctor</li> <li>• <b>Doctor</b> – inform of concussion</li> </ul>	<ul style="list-style-type: none"> <li>• Make an appointment with a primary care physician or doctor who specializes in concussion management.</li> <li>• Monitor child's symptoms for improvement/worsening.</li> </ul>

Care instructions continued on back ...

Event/Timing	What do I do right now?	Whom do I contact	What do I do next?
After appointment with the doctor	<ul style="list-style-type: none"> <li>Follow the doctor's recommendations.</li> <li>Monitor symptoms. If any activity worsens the symptoms, stop the activity and rest.</li> <li>Allow low levels of activity that don't worsen symptoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>Coach</b> if needed – inform of doctor recommendations</li> <li><b>School</b> – inform of concussion, excuse student until doctor OKs a return to school</li> </ul>	<ul style="list-style-type: none"> <li>Monitor child's symptoms.</li> <li>Increase activity <b>per doctor's recommendations</b> (always gradually) until the athlete is back to normal activity without symptoms.</li> <li>Get clearance from doctor before allowing the athlete to return to school/sports.</li> </ul>
If symptoms continue for <b>3 weeks</b> or more	<ul style="list-style-type: none"> <li>Monitor symptoms. If any activity worsens symptoms, stop the activity and rest.</li> <li>Allow low levels of activity that don't worsen symptoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>Doctor</b> – follow up and keep informed of progress and lingering symptoms</li> <li><b>School/coach</b> – keep informed</li> </ul>	<p>For more information:</p> <ul style="list-style-type: none"> <li><b>Providence Sports Care Center: 503-962-1900</b></li> <li>Go to <a href="http://www.providence.org/rehab">www.providence.org/rehab</a> and click on the "Forms &amp; Information" link.</li> </ul>

## Keeping young athletes in the game



**Providence offers free heart screenings for children and teens.**

### Free youth heart screenings

Chances are that your child's heart is healthy – and yet a small percentage of young people have hidden heart defects that put their lives at risk, especially during physical exertion.

Providence Heart and Vascular Institute offers a painless, noninvasive screening to check the heart health of young people 12 to 18 years of age. The screening includes: electrocardiogram (EKG), heart health questionnaire, blood pressure reading, and an echocardiogram, if needed.

Two screening locations:

**West Portland**  
Providence St. Vincent Medical Center

**East Portland**  
Providence Heart Clinic-Gateway

**For information or an appointment, please call 503-216-6800 or visit [www.PlaySmartGetScreened.org](http://www.PlaySmartGetScreened.org).**



[www.ProvidenceOregon.org/HealthyKids](http://www.ProvidenceOregon.org/HealthyKids)