

Student Information Sheet: After an Injury

You are suspected of having or have been diagnosed with a concussion. Here is some important information to know about returning to school:

- Return to school only when your primary care provider advises you to. Follow their instructions. Not following the instructions on rest and recovery can delay healing or make symptoms worse.
- Your brain needs time to heal. Avoid computer use, excessive television, video games, texting or loud music.
- Get extra sleep and eat a healthy diet.
- **Bring all your medical documentation to the school nurse.** We will make the classroom accommodations you will need and we will notify your teachers and guidance counselor.
- **We will notify your teachers but you MUST check in with each one of your teachers and discuss how you are feeling and start planning for how you will proceed with work. Teachers are willing to work with you but you must be communicating with them so they know what you can handle.**
- Some samples of accommodations we may ask your teacher to provide are: reduced work load (avoiding repetitive work); unlimited access to the Health Office; extra time to complete class work/assignments (must be negotiated with each teacher by student); no Physical Education; and modified testing schedule once able.
- We will be checking in with you weekly about your recovery. We will send out weekly notifications to your teachers regarding your progress and what you are capable of doing until you are cleared.
- Please bring any additional medical documentation you get, including documentation that you have been cleared of the concussion by your primary care provider to the nurses.
- Typically you will be better in about 7-14 days. We advise teachers to notify us of lack of progress or problems with your school work. If you are having issues you may need to see the doctor again.
- If you are an athlete and currently playing a sport, you may not participate and will be managed by the school Athletic Trainer on a graduated return to play once your symptoms have resolved. You must check in with your athletic trainer in athletics to make arrangements with them.

**You can come down to the Health Office any time you need to.
Please feel free to ask us any questions that you have.**