



Information for You from Your Health Care Team

Concussion Instructions for a Child

The symptoms listed below are common after brain injury, and usually disappear within two weeks. If your child has any of these problems longer than two weeks, you need to contact your child's physician for a follow-up examination or call Health Connections at University Hospital at 464-8668.

- Dizziness or light-headedness
- Nausea
- Moderate headache
- Drops things or trips a lot
- Forgetfulness, or trouble learning
- Doesn't see or hear as well
- Restlessness or fussiness
- Acts without thinking
- Loss of appetite
- Tires easily or needs extra sleep
- Trouble paying attention or concentrating
- More easily frustrated or irritated
- Develops problems with words or sentences
- Gets mixed up about time and place
- Unable to sooth your child

These problems may be noticed at home, at school, or by friends. If you or others who know your child do notice problems that are not getting better, you need to get help from someone who understands brain injury. First call your child's physician and tell him or her about any changes you see. Your child's physician may then want to see your child and/or send your child to a specialist.

If you want more information about brain injury, you can contact the Concussion Management Program at 464-8986 or <http://www.upstate.edu/uh/pmr/concussion/>

Resources: **Brain Injury Association**
www.biausa.org

Speak up at any time if you have any questions or concerns.