

Date: \_\_\_\_\_

RE: \_\_\_\_\_  
Student Name



## HEAD INJURY & WHAT YOU SHOULD KNOW

Dear Parent,

Your student experienced a bump or blow to the head today. Most of the time these injuries are not serious, but occasionally a head injury may need urgent medical attention.

Signs and symptoms of brain injury can show up right after the injury, or may not be noticed until days or weeks later.

If your student reports any symptoms of brain injury (concussion) or if you notice the symptoms yourself, seek medical attention. If you have any questions regarding the severity of the head injury, seek medical attention.

**Seek immediate medical attention or call 911 for any of the URGENT Signs or Symptoms as follows:**

- Seizure (convulsions)
- Unconsciousness
- Severe headache or neck pain
- Vomiting
- Vision changes (blurred or double)
- Confusion
- Behavior changes (repetitive, slurred speech, clumsy, sluggish)

### Allow time for healing:

If your student has had a concussion, the brain needs time to rest and heal. It has been suggested that reducing brain stimulation immediately after an injury (e.g. television, computers, texting, video games, music, etc) may help the recovery process.

Please contact your health care professional, or call the Salem-Keizer Public Schools Nurse Helpline weekdays from 7:30-3:30 at (503) 399-3376 for further questions.

Comments:

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