

## Return to School Concussion Protocol Guidelines

Student has been assessed as having a concussion

Go home and rest	Recovery Day at home	Half Day of School with limitations	Full Day of School with limitations	Full Day of School without limitations
<p style="text-align: center;"><b>Guidelines to Follow</b></p> <ol style="list-style-type: none"> <li>1. Rest &amp; Sleep</li> <li>2. Minimize Mental Stimulation</li> <li>3. Use over-the-counter acetaminophen instead of ibuprofen if needed</li> <li>4. Eat healthy foods</li> <li>5. Stay hydrated</li> </ol> <p style="text-align: center;"><b>Activities to Avoid</b></p> <ol style="list-style-type: none"> <li>1. Video Games</li> <li>2. Computers/Internet</li> <li>3. Reading</li> <li>4. Physical Activity</li> <li>5. Texting</li> <li>6. Driving</li> <li>7. Homework</li> <li>8. Test or quizzes</li> <li>9. Television</li> <li>10. Work</li> </ol> <p>* If symptoms worsen, student should go to the emergency department</p> <p>* If student is asymptomatic for 12-24 hours, he/she may progress to the next step in protocol</p>	<p style="text-align: center;"><b>Guidelines to Follow</b></p> <ol style="list-style-type: none"> <li>1. Rest &amp; Sleep</li> <li>2. Minimize Mental Stimulation</li> <li>3. Use over-the-counter acetaminophen instead of ibuprofen if needed</li> <li>4. Eat healthy foods</li> <li>5. Stay hydrated</li> </ol> <p style="text-align: center;"><b>Activities to Avoid</b></p> <ol style="list-style-type: none"> <li>1. Video Games</li> <li>2. Computers/Internet</li> <li>3. Reading</li> <li>4. Physical Activity</li> <li>5. Texting</li> <li>6. Driving</li> <li>7. Homework</li> <li>8. Test or quizzes</li> <li>9. Television</li> <li>10. Work</li> </ol> <p style="text-align: center;"><b>Additional Guidelines</b></p> <ol style="list-style-type: none"> <li>1. Get plenty of rest</li> <li>2. Eat healthy foods</li> <li>3. Stay hydrated</li> </ol>	<p style="text-align: center;"><b>Guidelines to Follow</b></p> <ol style="list-style-type: none"> <li>1. Rest &amp; Sleep at home</li> <li>2. Limited mental stimulation</li> <li>3. Use over-the-counter acetaminophen instead of ibuprofen if needed</li> <li>4. Eat healthy foods</li> <li>5. Stay hydrated</li> </ol> <p style="text-align: center;"><b>Activities to Avoid</b></p> <ol style="list-style-type: none"> <li>1. Reading</li> <li>2. Computer work</li> <li>3. Test or quizzes</li> <li>4. Homework</li> <li>5. Limit mental stimulation at home</li> <li>6. Physical Education</li> <li>7. Band/Orchestra/Choir</li> <li>8. Technology Education</li> <li>9. Computer classes</li> <li>10. Lunchroom</li> </ol> <p>* If possible, student should do school work in a group to limit cognitive work load &amp; help with recovery</p>	<p style="text-align: center;"><b>Guidelines to Follow</b></p> <ol style="list-style-type: none"> <li>1. Limit Reading</li> <li>2. Limit computer work</li> <li>3. Allow extra time for test or quizzes</li> <li>4. Written instructions for homework</li> <li>5. Allow extra time for homework</li> </ol> <p style="text-align: center;"><b>Activities to Avoid</b></p> <ol style="list-style-type: none"> <li>1. Physical Education</li> <li>2. Band/Orchestra/Choir</li> <li>3. Technology Education</li> <li>4. Computer Classes</li> <li>5. Lunchroom</li> </ol>	<p style="text-align: center;"><b>Guidelines to Follow</b></p> <ol style="list-style-type: none"> <li>1. May need extra time to take tests and quizzes</li> </ol> <p>* If student is asymptomatic for a full school day, he/she may progress to return-to-play protocol</p>

\* If the athlete is symptomatic > 3 days, referral to a physician. If symptomatic > 3 weeks, referral to appropriate neurology specialist