**Williams College Concussion Home Instructions**

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| Name: Sport: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date/Time of Injury: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

You have sustained or are suspected of having sustained a concussion. In some instances, the signs of a concussion do not become obvious until several hours or days after the injury. Please be especially observant for the following signs and symptoms. **Call 911 if any of the following symptoms occur:**

* Any loss of consciousness (or decreasing level of consciousness)
* Severe headache
* Vomiting
* Persistent or worsening nausea, dizziness, or ringing in the ears
* Increasing visual disturbances---difficulty focusing, double vision, loss of vision, or pupils become unequal in size
* Inability to awaken
* Increasing restlessness, unusual aggressiveness or notable changes in personality or behavior
* Seizures
* Increasing memory loss
* Painful neck or weakness in facial, leg, or arm muscles
* Loss of bladder or bowel control
* Blood or thin clear fluid in ears or nose
* Slurred speech

The best guideline is to note symptoms that worsen and behaviors that seem to represent a change in the injured person. If you have any questions or concerns at all about the symptoms you are observing, contact your Athletic Trainer/Thompson Health Center or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below:

**It is OK to:**

* Use acetaminophen (Tylenol) for headaches
* Use ice on head & neck as needed for comfort
* Eat a light diet
* Go to sleep
* Rest (NO strenuous
activity or sports)

**There is NO need to:**

* Check eyes with a penlight
* Wake up every hour
* Test reflexes
* Stay in bed

**Do NOT:**

* Drink alcohol or use stimulants
* Focus on TV or other electronic devices
* Drive while symptomatic
* Exercise or lift weights
* Take ibuprofen, aspirin, naproxen, or other NSAID

**\*\*You should NOT attempt to participate in any academic activities until you have been evaluated for that need by the Health Center Staff. Following this recommendation may speed your recovery and allow you to return academic responsibilities as soon as possible\*\***

Please report to the Thompson Health Center between the hours of 9am and 5pm, Monday-Friday for this important “Academic Accommodation” evaluation

If you are unsure or have questions, please call:

Thompson Health Center: 413-597-2206

Athletic Trainer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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