

Concussion Information for Parents

Your Son/Daughter has sustained a concussion and has been evaluated by the Franklin High School Athletic Training Staff. Here are our recommendations for your child for the next 72 hours:

- ∞ **See a Physician if Symptoms worsen.**
- ∞ **Don't take any Tylenol or Ibuprofen for at least the first 24 hours.**
- ∞ **Stay hydrated and well nourished.**
- ∞ **Avoid cognitive activity if symptoms persist. Can do school work in moderation or for short periods of time. If symptoms worsen discontinue completely until reevaluated.**
- ∞ **Avoid excessive studying, reading or large projects.**
- ∞ **Stay away from Video games, Cell phone use, Texting, Computer use, watching a lot of TV or Movies and loud/noisy environments.**
- ∞ **Get plenty of Rest.**
- ∞ **We would also strongly encourage you to contact the High School Administration to discuss the impact of a concussion in regards to the high school learning environment.**

Follow up is **required** over the next 10 days with the high school athletic training staff. Thanks for your cooperation and feel free to contact Mike or Brittany with any questions that arise.