

Return to  
Health Office

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*Head Trauma Clearance Form*

Students Name: \_\_\_\_\_

DOB: \_\_\_\_\_

School: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

History of injury and symptoms:

Medical Evaluations:

Concussion Diagnosed

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

Yes

No

Symptoms: \_\_\_\_\_

Recommendation: \_\_\_\_\_

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

Symptoms: \_\_\_\_\_

Recommendation: \_\_\_\_\_

Impact Test \_\_\_\_\_ Not Done      Appended Private Doctor's Notes \_\_\_\_\_

\_\_\_\_\_ Done and Appended

Person Completing Form: \_\_\_\_\_ Telephone No: \_\_\_\_\_

Title: \_\_\_\_\_

Nurse Phone Number: \_\_\_\_\_ Nurse Fax Number: \_\_\_\_\_


Cleared for return to play protocol

Cleared to return to play

Other \_\_\_\_\_

WPA Doctor Signature \_\_\_\_\_

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



## Heads Up to Schools: KNOW YOUR CONCUSSION ABCs

Assess  
the  
situation

Be alert for  
signs and  
symptoms

Contact a  
health care  
professional

## A Fact Sheet for Teachers, Counselors, and School Professionals

### THE FACTS:

- \* All concussions are **serious**.
- \* Most concussions occur **without loss of consciousness**.
- \* Recognition and proper response to concussions when they **first occur** can help aid recovery and prevent further injury, or even death.

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth.

Even what seems to be a mild bump to the head can be serious.

Children and adolescents are among those at greatest risk for concussion. The potential for a concussion is greatest during activities where collisions can occur, such as during physical education (PE) class, playground time, or school-based sports activities. However, concussions can happen any time a student's head comes into contact with a hard object, such as a floor, desk, or another student's head or body. Proper recognition and response to concussion can prevent further injury and help with recovery.

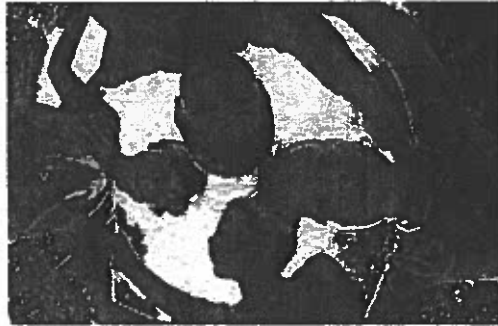
To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).  
Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



# What are the signs and symptoms of concussion?

The signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. Be alert for any of the following signs or symptoms. Also, watch for changes in how the student is acting or feeling, if symptoms are getting worse, or if the student just “doesn’t feel right.”



## SIGNS OBSERVED BY TEACHERS AND SCHOOL PROFESSIONALS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

## SYMPTOMS REPORTED BY THE STUDENT

### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

### Physical:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not “feel right”

### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

### Sleep\*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*