

The Poughkeepsie City School District believes that your son or daughter may have sustained a mild traumatic brain injury. To ensure the safety of your child and to make sure that they recover properly, please follow these important instructions:

1. Your child must be evaluated by a physician.
2. Please remind your child to follow up with the school nurse when he or she returns to school
3. Follow the instructions outlined below:

It is **OK**:

- Use acetaminophen (Tylenol)
- Use ice pack on head or neck as needed
- Eat a light diet
- Go to sleep
- Rest

Call your doctor or go to the emergency room if:

Headache Worsens

Increasing Irritability

Loss of Consciousness

Unusual Behavior

Seizures

Increasing Confusion

Vomiting

Slurred Speech

Weakness or Numbness in
arms or legs

Further recommendations:

Instructions provided by: _____

Date: ____/____/____