

FOR COACHES/ATHLETIC TRAINERS

# Your athlete has a concussion, NOW WHAT?

PLEASE SEND THIS CHECKLIST AND MATERIALS  
WITH YOUR ATHLETE TO THEIR APPOINTMENT.

- SCAT5 Immediate/On-Field assessment
- Completed symptom checklist
- Copy of IMPACT testing if available

FOR PARENTS/CAREGIVERS

# Your athlete has a concussion, NOW WHAT?

Your child sustained a head injury and should be closely monitored for the next 24-48 hours. Call to schedule an appointment with the Cottage Concussion Clinic at **805-696-7909** or your health care provider.

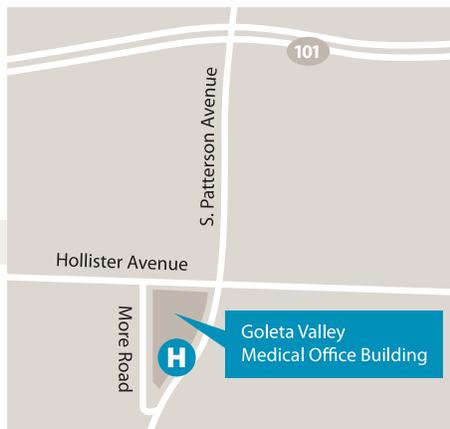
After a head injury/concussion, your child should rest for the next 24-48 hours.

In addition, they:

- cannot go back to play for the rest of the day
- cannot go back to sports or PE until you receive written clearance from a medical provider
- should refrain from watching TV, playing on your cellphone, computer or tablet and avoid reading or video games if those activities makes symptoms worse
- should not go back to school until symptoms have started to improve

**There is NO same day return to play for a youth with a suspected concussion.**

To schedule an appointment at the Cottage Concussion Clinic please call **805-696-7909** or visit **Cottagehealth.org/concussion-clinic**



Located at Grotenhuis  
Pediatric Clinics  
5333 Hollister Ave, Suite 250  
Goleta, CA 93111

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. **Call 911**

**and go to the Emergency Department right away** if after a bump, blow, or jolt to the head or body, s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

