**Concussion Injury Advice**

(To be given to the person monitoring the concussed athlete)

This patient has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found.

Recovery time is variable across individuals and the patient will need monitoring for a further period by a responsible adult. Your treating physician will provide guidance as to this timeframe.

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital emergency department immediately.

Other important points: Initial rest: Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time to a level that does not worsen symptoms.

1. Avoid alcohol
2. Avoid prescription or non-prescription drugs without medical supervision. Specifically:
	1. Avoid sleeping tablets
	2. Do not use aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
3. Do not drive until cleared by a healthcare professional.
4. Return to play/sport requires clearance by a healthcare professional.

Clinic phone number:

Patient’s name:

Date / time of injury:

Date / time of medical review:

Healthcare Provider:

Contact Details or stamp: