

# Texas Children's Hospital Sports Medicine

## Concussion Information Sheet

### Dear Parent or Guardian:

Your child may have a concussion. A concussion is a type of brain injury caused by a blow, or jolt to the head. Your child has been removed from play and cannot return to sports until cleared by a medical provider.

### Common concussion symptoms:

- Headache
- Pressure in the head
- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Sensitivity to light or noise
- Feeling "foggy"
- Not feeling right
- Trouble remembering
- Fatigue
- Confusion
- Drowsiness
- Trouble sleeping
- More emotional
- Nervous or anxious

### We suggest the following:

- No sports or physical activity until cleared by a health care professional.
- Brain Rest: limit watching TV, playing video games, movies or texting.
- Ensure that your child gets a minimum of 8 hours of sleep with a consistent bedtime.
- Drink plenty of fluids and do not skip any meals.
- For headache pain your child can take acetaminophen ONLY, for now.

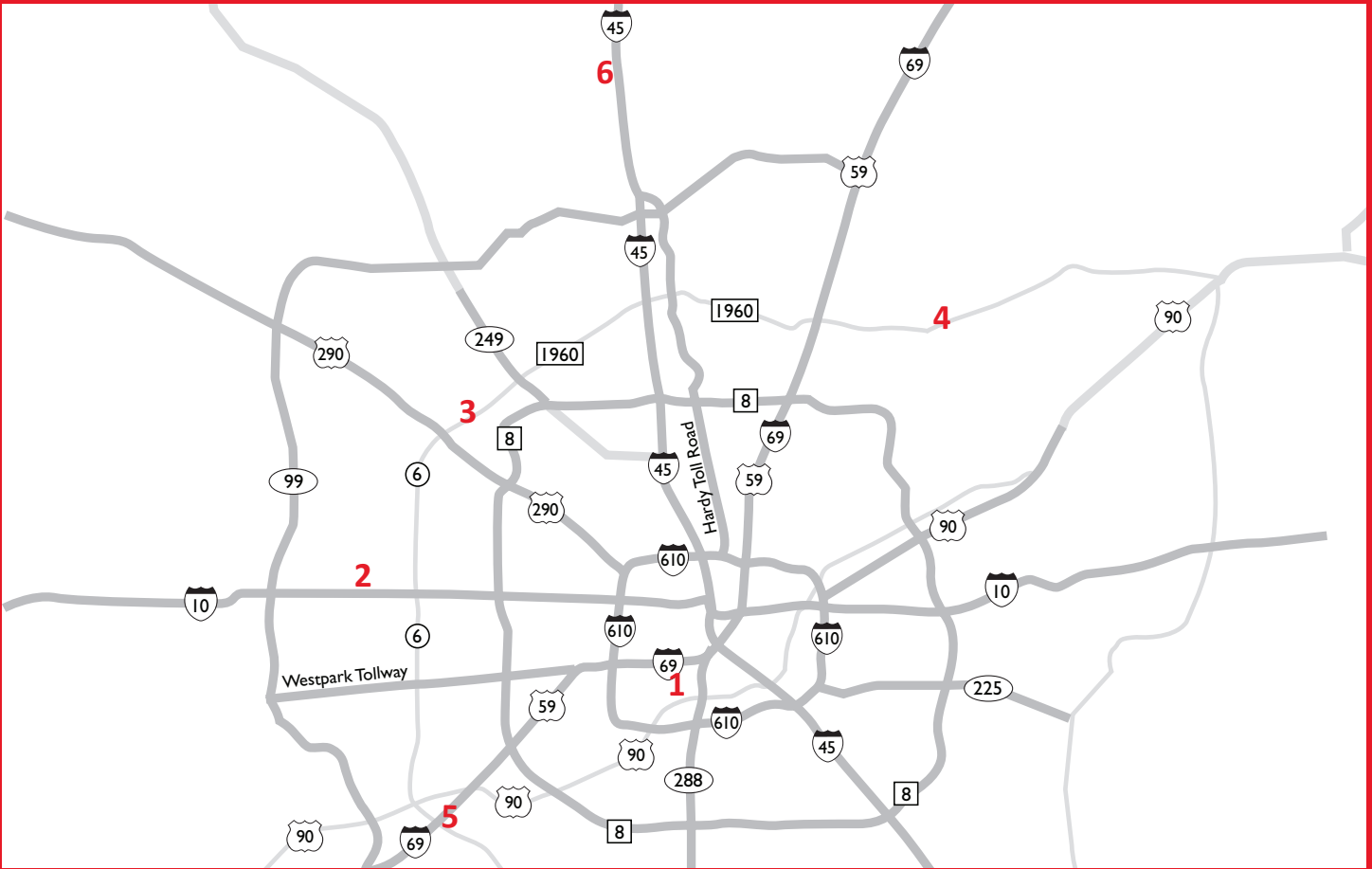
### In rare cases, a head injury can become serious and/or life threatening. Call 911 or go to the ER if your child:

- Is excessively tired, lethargic or cannot be awakened.
- Has a headache that keeps getting worse or experiences repeated vomiting or excessive nausea.
- Forgets simple instructions, normal routines or cannot remember recent events.
- Develops slurred speech, convulsions or seizures.
- Becomes increasingly confused, restless, agitated or has unusual behavior.
- Loses consciousness (even a brief loss of consciousness should be taken seriously).
- Contact your physician if the signs or symptoms worsen in any way.

To have your child seen by a concussion specialist with Texas Children's Sports Medicine or if you have any questions or concerns please call **832-22-SPORT**.



**Texas Children's  
Hospital**



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## Locations

**1. Texas Children's Hospital  
Wallace Tower**  
*(Formerly Clinical Care Center)*  
6701 Fannin Street  
Houston, TX 77030

**2. Texas Children's Hospital  
West Campus**  
18200 Katy Freeway  
Houston, TX 77094

**3. Texas Children's Health Center  
Cy-Fair**  
11777 FM 1960 West  
Houston, TX 77065

**4. Texas Children's Specialty Care  
Kingwood Glen**  
19298 W. Lake Houston Parkway  
Humble, TX 77346

**5. Texas Children's Health Center  
Sugar Land**  
15400 Southwest Freeway, Suite 200  
Sugar Land, TX 77478

**6. Texas Children's Hospital  
The Woodlands**  
17580 Interstate 45 South  
The Woodlands, TX 77384



**Texas Children's  
Hospital®**

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[texaschildrens.org/sportsmed](http://texaschildrens.org/sportsmed)