

*This document is to be used by school staff when the MESD Nurse/SHA is not available. Please add your school/district letterhead here.*

Date:

Dear Parent/Guardian of:

Date of Birth:

This letter is to notify you that your child injured their head at school and that first aid was provided by school staff.

**Please read the important information below:**

Most head injuries are minor and do not cause serious problems. However, some symptoms of a more serious head injury may not show up for several hours or even days following the injury. It is important to watch your child carefully for the next 48 hours.

If you see any of these signs or symptoms you should seek medical help immediately:

- Fainting
- Unusual sleepiness
- Increased confusion
- Change in behavior (acting strange, saying things that do not make sense)
- Lingering, constant, or worsening headache
- Any vomiting (throwing up)
- Cannot remember new events
- Difficulty moving arms or legs
- Seizures (any jerking of the body or limbs)

**If your child is involved in sports, and experiencing any of the symptoms listed above, they should not participate in practice or return to play until cleared by a healthcare provider.**

**DO NOT USE** pain relievers after a head injury unless directed by a healthcare provider. These medications may affect bleeding. Consult with your health care provider for recommendations.