

**Lyons Township High School**  
**Health Office Concussion Guidelines**

Name: \_\_\_\_\_ ID: \_\_\_\_\_

Date: \_\_\_\_\_

You were diagnosed with a concussion by: \_\_\_\_\_

On (date): \_\_\_\_\_

How did it happen: \_\_\_\_\_

- Students diagnosed with concussion will remain out of any physical activity including physical education (PE) class and LTHS until cleared in writing by their physician or athletic trainer. The school nurse will inform the Student Support Team of your concussion diagnosis. Your counselor is a member of the Student Support Team and will contact your teachers. The Student Support Team monitors student academic progress and will implement a plan if symptoms impact school performance.
- If there are any changes in your symptoms during the school day, report to the Health Office.
- While on the Concussion Protocol you will report to the Health Office daily during your PE class for attendance and rest. If you are symptom free, the school nurse may issue a pass to the library. North Campus students in Athletic Study hall who are followed by the athletic trainers will report symptoms to the athletic trainers.
- If you are in a PE class you must check in with your PE teacher to see if there is an assignment during the time you report to Health Office with concussion symptoms.
- Cognitive rest is important in your recovery. Limit intensive visual and auditory stimuli including TV viewing, loud music, video games and cell phone use.

Your next visit with your physician or trainer is: \_\_\_\_\_

Julie Loftus RN MSN PEL-CSN North Campus [jloftus@lths.net](mailto:jloftus@lths.net)

Megan Styx RN BSN PEL-CSN South Campus [mstyx@lths.net](mailto:mstyx@lths.net)

[https://www.cdc.gov/headsup/pdfs/highschoolsports/athletes\\_fact\\_sheet-a.pdf](https://www.cdc.gov/headsup/pdfs/highschoolsports/athletes_fact_sheet-a.pdf)

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