

CONCUSSION

You have sustained a concussion.

Contact Public Safety (x3333 on campus) or your local Fire Department (911) right away if you have any of the symptoms listed below:

- Headaches that get worse
- Weakness, numbness, dizziness, or decreased coordination
- Double vision
- Excessive drowsiness
- Vomiting
- Slurred speech

The people checking on you should contact **Public Safety at x3333 or call 911 right away** if you:

- Cannot be awakened
- Have one pupil — the black part in the middle of the eye — larger than the other
- Have convulsions or seizures
- Have slurred speech
- Are getting more and more confused, restless, or agitated

IMPORTANT RESTRICTIONS:

- NO ALCOHOL
- No pain killers (Tylenol, Motrin, Advil, etc.) unless recommended by your physician
- No driving
- No physical exertion, varsity or team/club sports
- No reading, texting, playing video games

Other campus resources available to assist you:

- Triage Nurse at **Norton Medical Center - 508-286-5400** (MD on-call after-hours)
- Cynthia Maricle, Student Health Services Coordinator at Norton Medical Center - 508-286-8210
- Wheaton Athletic Trainers - 508-286-3984 (The Wheaton Athletic Trainers have the final say when clearing athletes to return-to-play.)

If you require assistance notifying your professors or other departments on campus, please contact Cynthia Maricle, Student Health Services Coordinator, at 508-286-8210 or maricle_cynthia@wheatonma.edu.

STOP DOING THE THINGS THAT MAKE YOU FEEL WORSE OR ARE PAINFUL:

Reading
Writing
Attending Classes
Using computers or other screens
Typing/texting
Physical activity