

Head Injury Flowchart for Utah Schools (Including a Head 'Bump')

Many head injuries that happen at school are minor. A head wound may bleed easily and form a large "knot" or "goose egg." Head injuries or bumps may not be serious but should be monitored for worsening signs and symptoms.

Mild Symptoms:

Students with these symptoms may return to class after 30 minutes (minimum) observation if symptoms resolve.

- Mild pain
- Bruise
- Answers questions (age/developmentally appropriate)
- Oriented to person/place/time (age/developmentally appropriate).



Action:

- Notify parent/guardian
- Complete CDC "Concussion Signs and Symptoms Checklist"
- Document care provided
- Apply ice (optional)

Moderate Symptoms:

Any of these symptoms may indicate a concussion, and should be evaluated by a qualified, healthcare provider. Students with these symptoms should not remain in school.

- Swelling or 'goose egg'
- Vomiting once or twice
- Listlessness
- Irritability, crankiness
- Balance Loss, unsteady walking
- Confusion
- Stares blankly
- Repeats questions
- Blurry or double vision
- Headache or pressure in head
- Appears dazed or stunned
- Answers questions slowly
- Behavior/personality changes
- Can't recall events prior/after injury



Action:

- Notify parent/guardian to dismiss from class
- Complete CDC "Concussion Signs and Symptoms Checklist"
- **Urge medical care**
- Document care provided
- Apply Ice (optional)

Severe Symptoms:

Any of these symptoms are serious and MUST be evaluated by a qualified, healthcare provider. Students with these symptoms must not remain in school.

- Vomiting more than twice
- Loss of consciousness even briefly
- Neck pain
- Unresponsive to simple commands
- Blood or watery fluid in the ears
- Unable to move or feel arms/legs
- Severe agitation/can't be calmed
- Severe headache
- Difference in pupillary response
- Slurred speech
- Convulsions or seizures
- Trouble recognizing people/places
- Increasing confusion, restlessness, or agitation



Action:

- **Call EMS/911**
- Notify parent/guardian
- Complete CDC "Concussion Signs and Symptoms Checklist"
- Document care provided

The Facts:

- All concussions are serious
- Most concussions occur without loss of consciousness
- Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury, or even death

