



**Instructions:**

- Keep brain activity below the level that causes worsening of symptoms (e.g., headache, tiredness, irritability).
- If symptoms worsen at any stage, stop activity and rest.
- Seek further medical attention if your child continues with symptoms beyond 7 days.
- If appropriate time is allowed to ensure complete brain recovery before returning to mental activity, your child may have a better outcome.
  - Do not try to rush through these stages.
- Please give this form to teachers/school administrators to help them understand your child's recovery.

Stage	Home Activity	School Activity	Physical Activity
<b>Brain Rest/ Restful Home Activity</b>	<ul style="list-style-type: none"> <li>• Initially sleep as much as needed (allow at least 8-10 hours of sleep)</li> <li>• Allow short naps during day (less than 1 hour at a time)</li> <li>• Move towards setting a regular bedtime/wake up schedule as symptoms improve</li> <li>• Avoid bright light if bothersome</li> <li>• Stay well-hydrated and eat healthy foods/snacks every 3-4 hours</li> <li>• Limit "screen time" (phone, computer, video games) as symptoms tolerate; use large font</li> </ul>	<ul style="list-style-type: none"> <li>• No school</li> <li>• No homework or take-home tests</li> <li>• May begin easy tasks at home (drawing, baking, cooking)</li> <li>• Soft music and 'books on tape' okay</li> <li>• Limit reading of hard-copy books as symptoms tolerate (e.g., short intervals of 10-15 min)</li> <li>• Once your child can complete 60-90 minutes of light mental activity without a worsening of symptoms they may go to the next step</li> </ul>	<ul style="list-style-type: none"> <li>• Walking short distances initially to get around is okay</li> <li>• As symptoms improve, progress physical activity, like vigorous walking</li> <li>• No strenuous exercise or contact sports</li> <li>• No driving</li> </ul>
<b><i>Progress to the next stage when your child starts to improve, but may still have some symptoms</i></b>			
<b>Return to School - PARTIAL DAY</b>	<ul style="list-style-type: none"> <li>• Set a regular bedtime/wake up schedule</li> <li>• Allow 8-10 hours of sleep per night</li> <li>• Limit napping to allow for full sleep at night</li> <li>• Stay well-hydrated and eat healthy foods/snacks every 3-4 hours</li> <li>• Limit "screen time" and social activities outside of school as symptoms tolerate</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually return to school</li> <li>• Sit in front of class</li> <li>• Start with a few hours/half-day</li> <li>• Take breaks in the nurse's office or a quiet room every 2 hours or as needed</li> <li>• Avoid loud areas (music, band, choir, shop class, locker room, cafeteria, loud hallway and gym)</li> <li>• Use brimmed hat/earplugs as needed</li> <li>• Use preprinted large font (18) class notes</li> <li>• Complete necessary assignments only</li> <li>• Limit homework time</li> <li>• No tests or quizzes</li> <li>• Multiple choice or verbal assignments better than long writing assignments</li> <li>• Tutoring or help as needed</li> <li>• Stop work if symptoms increase</li> </ul>	<ul style="list-style-type: none"> <li>• Progress physical activity and as instructed by physician</li> <li>• No strenuous physical activity or contact sports</li> <li>• No driving</li> </ul>
<b><i>Progress to the next stage as symptoms continue to improve and your child can complete the activities listed above</i></b>			
<b>Return to School - FULL DAY</b>	<ul style="list-style-type: none"> <li>• Allow 8-10 hours of sleep per night</li> <li>• Avoid napping</li> <li>• Stay well-hydrated and eat healthy foods/snacks every 3-4 hours</li> <li>• "Screen time" and social activities outside of school as symptoms tolerate</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to attending core classes for full days of school</li> <li>• Add in electives when tolerated</li> <li>• No more than 1 test or quiz per day</li> <li>• Give extra time or untimed homework/tests</li> <li>• Tutoring or help as needed</li> <li>• Stop work if symptoms increase</li> </ul>	<ul style="list-style-type: none"> <li>• Progress physical activity and as instructed by physician</li> <li>• No strenuous physical activity or contact sports</li> <li>• Okay to drive</li> </ul>
<b><i>Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests without symptoms</i></b>			
<b>Full Recovery</b>	<ul style="list-style-type: none"> <li>• Return to normal home and social activities</li> </ul>	<ul style="list-style-type: none"> <li>• Return to normal school schedule and course load</li> </ul>	<ul style="list-style-type: none"> <li>• Start CIF Return to Play Protocol</li> </ul>