



TOWN OF WAYLAND

41 COCHITUATE ROAD
WAYLAND, MASSACHUSETTS 01778

May 25, 2016

To Wayland Community Athletic Groups,

Over the past year, the Wayland Board of Health has reviewed many aspects of traumatic brain injury and concussions as it relates to the health and safety of the Wayland community.

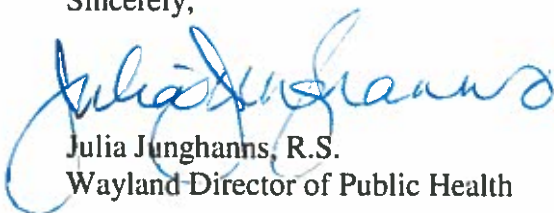
Current MDPH Head-injury Regulations provide required guidelines for school sponsored extra-curricular activities. To supplement this, the Wayland Board of Health supports having educational concussion awareness information available throughout the community for all sport activities. Awareness, risk reduction, and immediate response to suspected traumatic brain injuries support the overall health and wellness of both children and adults.

Attached, you will find the Centers for Disease Control (CDC) Parental Fact Sheet. In addition, the Wayland Health Department PHN/School Nurse Leader, Ruth Mori has created a one-page reference document that summarizes information from both CDC and the Massachusetts Department of Public Health (MDPH).

The Wayland Board of Health requests that these documents as well as other important concussion materials, applicable to your organization, be available and distributed to all staff, volunteers, and families.

Thank you for continuing to support the health and wellness of the community. Our office is available to follow up with anyone who may have additional questions regarding this or other health related subjects at 508-358-3617.

Sincerely,



Julia Junghanns, R.S.
Wayland Director of Public Health

Additional resource information:

<http://www.cdc.gov/traumaticbraininjury/symptoms.html>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/cdc-sports-concussions.html>