



## Head Injury Warning Sheet

This is a medical follow-up sheet for your health and safety. Often the signs and symptoms of head injuries do not appear immediately after a trauma but hours after the injury itself. The purpose of this fact sheet is to alert you to signs and symptoms of significant head injuries.

**The appearance OR WORSENING of any of these symptoms tells you that you may have sustained a significant head injury that *requires medical attention*. If any of these symptoms appear OR WORSEN, contact your family physician or report to your local Emergency Room. Very sick people should be transported to the emergency room by ambulance; do not hesitate to call for an ambulance if you think one may be necessary.**

If you develop one or more of the following symptoms following a head injury **or if existing symptoms get worse**, medical help should be sought.

- Loss of consciousness
- Severe headache
- Unequal pupils
- Nausea or vomiting
- Abnormal drowsiness or sleepiness
- Loss of appetite
- Persistent ringing in the ears
- Stiffening of the neck
- Convulsions
- Dizziness, poor balance, or unsteadiness
- Bleeding or clear fluid from ears/nose
- Weakness in either arm or leg
- Difficulty remembering recent events/facts
- Mental confusion or strangeness
- Slurring of the speech

Head injuries can present signs and symptoms that seem funny and are taken too lightly. You should rest and generally take it easy until you are feeling well.

**Medications/Cold Packs:** Refrain from taking aspirin, ibuprofen, and other medications unless ordered by medical personnel. Acetaminophen (Tylenol) may be taken for existing symptoms; seek medical attention if symptoms are getting worse. Use ice packs for the head and neck as needed for comfort.

**Sleep/Rest & Rest:** You can go to sleep. Rest is very important to allow the brain to recover. Eat a light diet.

**Return to School:** Return to school when you feel up to it. **BEFORE RETURNING TO CLASSES, REPORT TO THE NURSE'S OFFICE.**

**Activities:** In general, you should avoid any and all activities (mental or physical) that make you feel worse. Avoid recreational and sports activities until your athletic trainer or doctor has okayed them; **REPORT TO ATHLETIC TRAINER BEFORE RESUMING SPORT.**