

HEAD INJURY CARE INSTRUCTION SHEET

Wisportsconcussion.org

This athlete has sustained a head injury. This is a medical follow up sheet to use to ensure the health and safety of this athlete. Quite often signs of head injury do not appear immediately after trauma. The purpose of this sheet is to alert you and your family of the symptoms of significant head injuries that may occur several hours after the initial head injury. Please follow the suggestions listed below:

- Keep careful watch over the athlete.
- Do not allow the athlete to consume alcoholic beverages.
- **Do not allow the athlete to take aspirin or ibuprofen products until 48 hours after the injury as these products thin the blood and may mask symptoms of a more severe injury!**

Contact the athlete's primary care physician or take the athlete to the nearest hospital Emergency Room **IMMEDIATELY** if any of the following symptoms persist or worsen:

1. Difficulty in waking the athlete
2. Dizziness or disorientation
3. Nausea or Vomiting
4. Severe headache, particularly at a specific location, which is continuing, increasing or changing in pattern
5. Blurred vision
6. Pupils which are dilated, unequal in size, or nonreactive to light
7. Poor balance or unsteadiness
8. Weakness or numbness in either arm or leg
9. Mental confusion such as difficulty in remembering recent events or meaningful facts.
10. Convulsions
11. Unusual or Bizarre behavior
12. Persistent ringing of the ears
13. Any discharge from the ears or nose
14. Slurring of Speech

The appearance of any of the above symptoms indicates that this athlete has a sustained a significant head injury that requires immediate medical attention!

For more information about concussions, visit our website at www.Wisportsconcussion.org