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Head Injury Information Sheet

Your son/daughter _____ has sustained a head injury on _____

- She/he will need monitoring for a further period by a responsible adult, and should not be left alone over the next 12-24 hours.
- In some instances, the signs of a concussion do not become obvious until hours or days after the injury. Please be observant for the following symptoms:

Call 911 and go to the nearest Hospital Emergency Department for the following:	
Worsening headache	Increasing confusion
Increasing irritability/ Unusual behavior	Weakness or numbness in arms/ legs
Pupils becoming unequal in size	Changes in vision (double/blurry vision)
Repeated Vomiting	Looks very drowsy/ can't be awakened
Seizures (Uncontrolled jerking of arms/legs)	Drainage of blood/ fluid from ears or nose
Slurred Speech or inability to speak	Inability to recognize people or places

Recommendations:

It is Ok to:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head & neck as needed for comfort
- Eat a light diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is NO need to:

- Check eyes with a flashlight
- **Wake up every hour**
- Test reflexes
- Stay in bed

Do NOT:

- Drink alcohol
- Drive while symptomatic
- **Exercise or lift weights, no afterschool sports or PE**
- **Take ibuprofen, aspirin, naproxen or other anti-inflammatory medications**
- DO NOT take narcotic pain medication like codeine

- Make an appointment to see a physician within 72 hours or less and inform your child's School Administration of the injury so potential accommodations can be made.
- Please follow up in the Athletic Training Facility on _____ (date)

I understand and agree to the care instructions I have been given:

Signature: _____ Date: _____

Recommendations Provided By: _____

Recommendations Provided to: _____