



## **Head Injury Warning Sheet Athlete/Parent Information**

This is a medical follow up sheet for your health and safety. Quite often the signs and symptoms of a head injury do not appear immediately after trauma. Many hours after a head injury or an initial assessment of a head injury, signs and symptoms may occur or worsen. This is a fact sheet to alert you to the signs and symptoms of a significant head injury.

If you experience one or more of the following symptoms following a head injury, medical help should be sought.

1. Difficulty remembering recent events or meaningful facts
2. Severe headache, particularly at a specific location
3. Stiffening of the neck
4. Bleeding or clear fluid dripping from the ears or nose
5. Mental confusion or strangeness
6. Nausea or vomiting
7. Dizziness, poor balance or unsteadiness
8. Weakness in either arm or leg
9. Abnormal drowsiness or sleepiness
10. Convulsions
11. Unequal; pupils
12. Loss of appetite
13. Persistent ringing in the ears
14. Slurring of speech
15. Loss of consciousness

**REMEMBER:** Head injuries can present signs and symptoms that are often found humorous and/or taken too lightly. Refrain from taking aspirin, ibuprofen (Advil), acetaminophen (Tylenol), and other analgesics unless directed by a trained health care professional as they may mask serious symptoms indicating a need for further medical attention.

**If you have any questions, don't hesitate to call your Certified Athletic Trainer or your Physician.**

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