



HEAD INJURY FACT SHEET

This is a medical follow-up sheet for your health and safety. Signs of a head injury do not always appear immediately after trauma, but often **hours** after the injury occurred. The purpose of this fact sheet is to alert you to the signs and symptoms associated with significant head injuries.

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

- Difficulty remembering recent events or meaningful facts
- Severe headache, particularly at a specific location
- Stiffening of the neck
- Blood or clear fluid dripping from the ears or nose
- Mental confusion or feeling of strangeness
- Nausea or vomiting
- Dizziness, poor balance or unsteadiness
- Weakness in either arm or leg
- Abnormal drowsiness or sleepiness
- Convulsions
- Unequal pupils
- Persistent ringing in the ears
- Slurring of speech
- Loss of appetite
- Increasing pain in head or neck

The appearance of any of the above symptoms may indicate that you have sustained a significant head injury that **REQUIRES IMMEDIATE MEDICAL ATTENTION**.

FURTHER INSTRUCTIONS
<ul style="list-style-type: none">• Consume only clear liquids for eight hours.• Do not take any medication in the first 24 hours unless directed to do so by a physician.• If at any time there is doubt about the well being of the athlete, seek medical attention immediately.