Follow-up Care for a Head Injury

_____________________________ has recently received a head injury during interscholastic athletics. Often, many signs and symptoms from a head injury do not become apparent until hours after the initial trauma. As such, we want to alert you to possible signs and symptoms that may indicate a significant head injury. It is imperative that the athlete rest from physical and mental exertion and follow up with a physician or certified athletic trainer for ImPACT testing. If the athlete displays any of the following signs and symptoms seek medical treatment because it could be a warning sign for a more serious condition.

- Persistent or increasing headache
- Restless, irritable, or drastic changes in emotional control
- Can’t recognize people or places
- Seizures or sudden uncontrollable jerking of arms and legs
- Are very drowsy and are difficult to waken up
- Having weakness in arms and legs
- Unequal or dilated pupils
- Bleeding and/or clear fluid from nose or ears
- Persistent or increasing nausea and/or vomiting
- Progressive or sudden impairment of consciousness
- Difficulty speaking or slurring of speech and unsteadiness with walking

For the rest of the day:
- Rest quietly
- Not consume any medication except Tylenol
- Not drive a vehicle
- Not consume alcohol
- Not be left alone

She/He should not participate or play again without clearance from the medical staff.

Remember: If any of the signs or symptoms listed above becomes apparent, do not delay seeking medical treatment.

_______________________________________     ____________________________________
Athletic Trainer        Cell Phone Number

I have reviewed this information with the athletic trainer or coach and agree with the management plan

_________________________________________
Parent or Guardian