



Head Injury/Concussion Signs and Symptoms

In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms:

1. Headache (especially one that increases in intensity)*
 2. Nausea and vomiting*
 3. Difference in pupil size from right to left eye, dilated pupils*
 4. Mental confusion/behavior changes
 5. Dizziness
 6. Memory loss
 7. Ringing in the ears
 8. Changes in gait or balance
 9. Blurry or double vision*
 10. Slurred speech*
 11. Noticeable changes in the level of consciousness (difficulty awakening or losing consciousness suddenly)*
 12. Seizure activity*
 13. Decreased or irregular pulse OR respiration*
- *Seek immediate professional medical attention**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concerns at all about the symptoms you are observing, contact your family physician for instructions or seek medical attention. Otherwise, you can follow the instructions outlined below.

It is OK to:

Use acetaminophen (Tylenol) for headaches
Eat a light diet
Go to sleep
Use ice pack on head & neck as needed for comfort

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
Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications