

AVE MARIA UNIVERSITY

DEPARTMENT OF SPORTS MEDICINE



Signs of a head injury do not always appear immediately following an incident. Signs and symptoms may appear hours following the initial trauma. The purpose of this fact sheet is to alert you to things associated with a significant head injury.

Should you experience one or more of the following symptoms after sustaining a head injury, seek further medical attention **IMMEDIATELY**.

- ❖ INCREASING PAIN IN THE HEAD OR NECK
- ❖ BLOOD OR CLEAR FLUID DRAINING FROM THE EARS OR NOSE
- ❖ MENTAL CONFUSION OR FEELINGS OF STRANGENESS
- ❖ SEVERE HEADACHE, PARTICULARLY AT A SPECIFIC LOCATION
- ❖ NAUSEA OR VOMITING
- ❖ DIZZINES, POOR BALANCE OR UNSTEADINESS
- ❖ WEAKNESS IN EITHER ARM OR LEG
- ❖ ABNORMAL DROWSINESS OR SLEEPINESS
- ❖ UNEQUAL PUPIL SIZE
- ❖ CONVULSIONS
- ❖ PERSISTENT RINGING IN THE EARS
- ❖ SLURRING OF SPEECH
- ❖ DIFFICULTY RECALLING RECENT EVENTS OR MEANINGFUL FACTS
- ❖ LOSS OF APPETITE

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

FURTHER INSTRUCTIONS:

- ❖ Do not take any medication at night and continue to check for presence of the above symptoms**
- ❖ Awaken every two hours at night and monitor for the presence of the above symptoms**
- ❖ If at any time there is doubt about the well being of an athlete, seek medical attention immediately.**