

Instructions for Athletes with Head Injuries

1. Have an Adult stay in the same dwelling with you during the night.
2. Return for treatment, i.e. see physician, if any of the following symptoms develop or worsen.
 - Dizziness or loss of balance.
 - Mild to severe headache.
 - Headaches lasting more than 48 hours.
 - Weakness in arms, legs, hands or feet.
 - Double vision.
 - Nausea
 - Vomiting
 - ringing in the ears.
 - Unusual drowsiness or confusion, i.e. can not remember events before or after the injury.
 - Very stiff neck.
 - Seizures or convulsions.
3. Having someone arouse you every 2 hours during the night. If they are unable to awaken you, you should be brought to a physician's attention. (Emergency Room)
4. Avoid solid foods; try to stick to a very light liquid diet until the next day.
5. Avoid liquor, marijuana or other similar substances since these may make you drowsy and will make it difficult to determine if there is a real underlying problem.
6. Any thing that you feel is not right or unusual; you should be brought to a physician's attention. (Emergency Room)
7. Before going back to practice, check with the Athletic Director, Coaching Staff and the onsite Licensed Athletic Trainer.