



## **HEAD INJURY FOLLOW-UP**

This is a follow-up sheet for the health and safety of your child. Quite often significant signs and symptoms of a head injury do not appear for several hours following the injury. This fact sheet is to alert you to those signs and symptoms that may not be readily apparent. **DO NOT** give your child aspirin, Tylenol, Advil, etc. following a head injury, unless directed to do so by a physician.

*If your child experiences one or more of the following after suffering a blow to the head, he or she should be taken to a hospital emergency room immediately:*

- Difficulty remembering recent events or meaningful facts
- Severe headache, particularly at a specific spot
- 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
- Abnormal drowsiness or sleepiness
- Weakness in either arm or leg
- Convulsions or seizures
- Loss of appetite
- Unequal pupils or uncontrolled eye movements
- Continued ringing in the ears
- Slurring of speech

If any of the above symptoms appear, your child has had a significant head injury that requires **IMMEDIATE** attention in a hospital emergency room.

**REMEMBER:** Your child's health depends on obtaining medical help quickly if his or her condition gets worse.

**To the physician:** FCPS NATA Certified Athletic Trainers (ATC) use the SACVNI Concussion Assessment tool which is comprised of the Standardized Assessment of Concussion\* (McCrae et al) and the Virginia Neurological Index. Please contact the ATC for more information and breakdown of the scores.

\*The Standardized Assessment of Concussion w/Virginia Neurological Index assesses Orientation, Immediate Memory, Neurological Signs and Symptoms, Concentration, and Delayed Recall.