

# **WENATCHEE HIGH SCHOOL CHEST/ABDOMINAL INFORMATION SHEET**

This is a medical follow-up sheet for your health and safety. Signs of a chest or abdominal may not appear immediately following trauma but can develop hours after the injury. The purpose of this fact sheet is to alert you to the symptoms of significant chest or abdominal injuries which may develop several hours after you leave the school. If you experience one or more of the following symptoms, medical help should be sought.

## **Chest Injuries**

1. Difficulty in breathing
2. Shortness of breath--inability to catch breath
3. Pain increasing in chest
4. Vomiting or coughing up blood

## **Abdominal Injuries**

1. Pain or discomfort increasing in abdomen
2. Rigidity and spasm of abdominal muscles
3. Vomiting
4. Increasing nausea
5. Painful urination
6. Blood in urine or stool

For the first 24 hours have a family member observe you. Do not stay or sleep alone.

**REMEMBER:** Your health depends on how much you care about proper medical attention.

Dale F. Blair, M.S., A.T.,C.  
Head Athletic Trainer