Following a head injury, symptoms may show up immediately following the injury, or in some cases, several hours may pass before signs of a head injury present themselves. If any of the following signs and symptoms are present 24-48 hours after a head injury, the athlete should be take immediately to an emergency room or your family physician.

1. Severe headache (deep throbbing)
2. Dizziness or loss of coordination
3. Temporary loss of memory; mental confusion
4. Ringing in the ears (tinnitus)
5. Blurred or double vision
6. Unequal pupil size
7. No pupil reaction to light
8. Nausea and/or vomiting
9. Slurred speech
10. Convulsions or tremors
11. Unusual sleepiness or grogginess
12. Clear fluid draining from nose and/or ears
13. Numbness or paralysis (partial or complete)
14. Difficulty in being aroused

Other Instructions:
A. Check breathing rate, heart rate, and color (as well as other symptoms) every two hours.

B. Awaken the athlete every two hours at night to check condition.

C. Allow athlete to consume only clear fluids for 8 hours.

D. Do not allow the athlete to take any medication that may “mask” the symptoms (pain killers) or promote bleeding (aspirin or ibuprofen) during the first 24 hours unless directed to do so by a physician.

E. If at any time there is a question of the well-being of the athlete, seek medical aid immediately.

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Head Athletic Trainer