



## HEAD INJURY INFORMATION SHEET

This is a medical follow-up sheet for the student-athlete's health and safety. Often, signs of a head injury do not appear immediately after trauma, but hours after the injury itself. The purpose of this fact sheet is to alert student-athletes and their families to the signs and symptoms of head injuries, signs and symptoms that may occur several hours after leaving the training room or athletic field. If the student-athlete experiences one or more of the following signs or symptoms following any incident involving a blow to the head, and these symptoms are getting worse, medical help should be sought.

- Headache
- Vomiting
- Visual Problems
- Sensitivity to noise
- Feeling slowed down
- Difficulty remembering
- Answering questions slowly
- Irritability
- Nervousness
- Sleeping more than usual
- Difficulty sleeping
- Nausea
- Balance problems
- Sensitivity to light
- Feeling mentally "foggy"
- Difficulty concentrating
- Forgetful of recent events
- Repeating questions
- Sadness
- Drowsiness
- Sleeping less than usual
- Fatigue

### OTHER INSTRUCTIONS:

1. NO ALCOHOL OR DRUGS! Many symptoms of alcohol and drug use may mask or mimic those of increasing severity of a head injury.
2. Check the student-athlete every two hours after the injury until he or she is eating and feeling well.
3. Do NOT take any medication unless directed to by a physician. This includes aspirin or Motrin or Advil (ibuprofen). Tylenol (acetaminophen) is okay; take as directed on package.
4. Student-athletes must report to Joan Barada, School Nurse, upon returning to classes.

### RETURN TO PLAY:

1. The student-athlete will need to be seen by his or her primary care physician..If the physician diagnoses a concussion, the Acute Concussion Evaluation Care Plan must be completed and returned to Jon Cohen, Athletic Trainer, or Joan Barada, School Nurse. If no concussion is diagnosed, a physician's note clearing the student-athlete for return to full activity must be submitted.
2. After the student-athlete is symptom-free for 24 hours without any medication, the ImPACT test will be administered. The student-athlete must score within his or her baseline to be cleared.
3. After a successful ImPACT test, the student-athlete will begin a progressive return-to-activity protocol. This progressive program will be individually design by the Head Athletic Trainer and will follow the UPMC Concussion Rehabilitation Protocol.

Any you have any questions or concerns, please call Jon Cohen at school after 12:00 pm at 650.330.2001 ext. 2249 or on his cell phone anytime at 650.714.9761. You may also call Joan Barada at 650.743.1400 at any time.