



Head Injury – Take Home Sheet

Head injuries generally occur as a result of trauma to the head or neck. This could be from a direct contact to the head or from a “whip-lash” force that can cause the brain to be jarred within the skull. This type of injury may be referred to as a concussion, depending on the severity, and could disrupt the normal functions of the brain. Serious head trauma may also result in a loss of consciousness.

Signs and Symptoms:

Not all signs and symptoms are immediately apparent. The individual should be monitored and evaluated for several days after incurring a head injury.

- Headaches(mild to severe)
- Light-headedness
- Lack of concentration
- Loss of consciousness(short and long term)
- Drowsiness
- Lethargy/Fatigue
- Confusion
- Nausea and/or Vomiting
- Blurred vision
- Loss of balance
- Irritability
- Increasing sensitivity to light
- Increased anxiety
- Trouble sleeping
- Abnormal pupil size
- Tingling, numbness, and/or weakness
- Dizziness
- Memory loss
-

Do not take medication as it may mask the symptoms if they become worse.

It is important to stay with someone who has read this sheet at all times in case of an emergency.

If any of these signs become apparent or become progressively, seek immediate medical attention.