



EAGLE'S LANDING

CHRISTIAN ACADEMY

ATHLETIC DEPARTMENT

HOME CARE FOR HEAD INJURIES

Please be advised of the following signs and symptoms that could result from a mild-moderate head injury. Over the next few days, he/she should avoid bright lights, playing video games and loud places to allow his/her brain to heal. The athlete should be allowed to sleep as much as possible, night and day. The following checks should be continued beyond 24 hours if doubt exists. Do not give any medication. (Tylenol only if his/her headache becomes severe).

ATHLETE SHOULD:

1. Be able to move all extremities
2. Be able to identify where he/she is, who is checking on him/her, and who he/she is.
3. Have both pupils the same size, and reactive to light –(pupils should get smaller when exposed to light)

OTHER SYMPTOMS TO BE WATCHED FOR ARE:

1. Drowsiness or undue irritability
2. Projectile or repeated vomiting
3. Blurred or double vision
4. Dizziness
5. Persistent headache (no patent pain relieving drugs or sedative should be given)
6. Fluid or blood coming from ears or nose
7. Weakness of any face, arm, or leg muscles
8. Twitching or convulsions
9. Change in respiration—difficulty breathing or bluish tinges to skin
10. Difficulty speaking, slurred or incoherent speech
11. Confusion, disorientation—abnormal behavior
12. Loss of consciousness

Please follow all of the instructions that are given to you. If you have any questions or concerns, please call the Stephanie Vasquez, Athletic Trainer or Dr. Daniel Orcutt's office:

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OR go to the emergency room of the most convenient hospital.