



Suspected Head Injury Advice: *Take Home Advice for Injured Athlete*

This athlete has sustained a head injury; possibly a concussion—the most common form of head injury sustained in sports. An evaluation has been performed and no serious complications have been found. Improvement is expected, but the athlete should be monitored by a responsible adult.

If any changes in behavior, repeated vomiting, worsening headache or excessive drowsiness occur please seek emergent medical treatment immediately call 911.

Important points to note for home care:

- 1) The athlete should **rest**, avoiding physically and mentally strenuous activities including the following for at least 24 hours:

Driving, Texting, Video Gaming, Computer Time, Headphone Use,
Excessive TV Time, and/or Physical Exertion of any kind

The athlete is advised to see a physician specializing in concussion care within 3 days.

- 2) No sleeping tablets, alcohol, or other sedating medications
- 3) If needed for headache, use acetaminophen according to the manufactures label as needed. Avoid ibuprofen, Motrin, Aleve, and aspirin.
- 4) The athlete should not participate in any athletic activities including running, weight training, practice, scrimmages, or games
- 5) The athlete should avoid loud / bright environments including parties, crowded hallways, concerts, etc., as these stimuli from these can worsen symptoms and prolong recovery. Sunglasses are advised outdoors in sunny weather.

Signs and Symptoms of a Concussion

Dazed, confused, or stunned appearance
Unusually Tired
Nausea and vomiting
Sensitivity to light and/or noise
Academic decline

Memory loss of any kind
Unusually sad or irritable
Double or blurry vision
Feeling sluggish or groggy

Slow to respond
Headache
Dizziness or balance problems
Extreme fatigue

To schedule a visit with an OhioHealth sports concussion specialist,

Please call **(614) 566-GAME (4263)**

www.ohiohealth.com/sportsmedicine