

## Head and Neck Injury Home Care

Due to the seriousness of this type of injury, the following is a list of observations and guidelines for home care you should look for and follow. You should monitor your child's symptoms for the next 48-72 hours (2-3 days).

- Unusually sleepy or hard to wake up
- Mentally confused - does not recognize familiar places or people
- Becomes or continues to be nauseated and / or vomiting
- Difficulty maintaining balance or dizziness
- Complains of any visual difficulties
- Headache that persists longer than 24 hours or becomes increasingly intense
- Drainage of blood or fluid from nose, ears, or mouth
- Convulsions or fits
- Definite or drastic changes of behavior - usually becoming more irritable
- Any loss of consciousness or period of 'black outs'

It has been scientifically proven that medication such as Advil, Tylenol, Aspirin and Ibuprofen can mask the signs and symptoms of a head injury and may cause increased bleeding. For this reason, **PLEASE DO NOT** allow your child to consume these medications unless directed by a physician. If any of the above signs or symptoms should appear, please seek immediate medical attention through your family physician or at your local Emergency Room.

It is extremely important that your child NOT participate in ANY physical activity until he/she is assessed by a medical professional that is trained in managing head injuries. Cognitive activities such as: reading, texting, playing video games or even watching tv, can increase symptoms. If your child complains of symptoms getting worse with mental activities, stop the activity and consult your child's physician.

Please return physician clearance documentation to C.I.A. This clearance paperwork is very important so we can return your child to play in a safe manner.

Sincerely,

C.I.A. Sports Club