

Sometimes the signs of a serious head injury or concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms:

- Headache (**especially one that increases in intensity***)
- Nausea and **vomiting***
- Difference in pupil size from right to left eye, dilated pupils***
- Mental confusion or behavior changes***
- Dizziness
- Memory loss
- Ringing in the ears
- Changes in gait or balance
- Blurry or double vision
- Slurred speech***
- Noticeable changes in the level of consciousness (difficulty awakening, or losing consciousness suddenly)***
- Seizure activity***
- Decreased or irregular pulse OR respiration***

***Seek medical attention at the nearest emergency department.**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

<p>It is OK to:</p> <ul style="list-style-type: none"> ● Use Tylenol (Acetaminophen) ● Use ice pack on head and neck ● Eat a light diet ● Go to sleep ● Rest 	<p>There is NO need to:</p> <ul style="list-style-type: none"> ● Check eyes with a flashlight ● Wake up every hour ● Test reflexes ● Stay in bed 	<p>Do NOT:</p> <ul style="list-style-type: none"> ● Exercise or lift weights ● Engage in strenuous exercise ● Take Ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications <p>FOR OLDER STUDENTS:</p> <ul style="list-style-type: none"> ● Drink alcohol ● Drive while having symptoms
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