



HEAD INJURY

If your son/daughter sustained a mild Head Injury today in practice/game, here are some tips on caring for him/her at home. Over the next 24 hours please watch for the following signs:

- Nausea
- Increased Headache
- Change in behavior/ Behavior out of the ordinary
- Blurred Vision
- Unable to concentrate
- Dizziness
- Change in pupil size
- Increased confusion
- Convulsion
- Seeing Double
- Unusual drowsiness

If you see any of these signs please take the athlete to your doctor/Emergency Room for further evaluation. Notify the staff athletic trainers if you take your child in to see the doctor/ER.

The athlete must be with someone who can watch him/her for these signs and symptoms for the next 12-24 hours.

Please **DO NOT** give the athlete any medication for a headache until after they have had something to eat and drink, and **ONLY** if the symptoms have not worsened.

If you have any questions, feel free to call one of the staff athletic trainers.

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