

# Here are some things to be aware of when working with an individual who may have sustained a possible concussion

## Head Injury Precautions

During the first 24 hours:

1. Diet – drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
2. Pain Medication – do not take any pain medication unless specifically directed and prescribed by a physician.
3. Activity – activity should be limited for the first 24 hours, this would involve no school, video games, extracurricular or physical activities or work when applicable.
4. Observation – several times during the first 24 hours:
  - a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
  - b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
  - c. Check for and be aware of any significant changes. (See #5 below)
5. Conditions may change significantly within the next 24 hours. Immediately obtain emergency care for any of the following signs or symptoms:
  - a. Persistent or projectile vomiting
  - b. Unequal pupil size (see 4a above)
  - c. Difficulty in being aroused
  - d. Clear or bloody drainage from the ear or nose
  - e. Continuing or worsening headache
  - f. Seizures
  - g. Slurred speech
  - h. Inability to recognize people or places – increasing confusion
  - i. Weakness or numbness in the arms or legs
  - j. Unusual behavior change – increasing irritability
  - k. Loss of consciousness

### 6. Improvement

The best indication that an athlete who has suffered a significant head injury is progressing satisfactorily is that he/she is alert and behaving normally.