**Head Injury and Concussion**

**Know the symptoms of brain trauma**
If your child experiences any of the following symptoms, immediately call your physician, take your child to the emergency room or call 911.

- Worsening loss of memory or trouble with thought patterns (for instance, if it takes her/him a while to remember events or items)
- Severe or pounding headaches or persistent or worsening headaches despite medication
- Mental confusion, notable behavioral changes or unusual behavior (such as excessive crying or combativeness)
- Dizziness, poor balance or unsteadiness
- Nausea, vomiting or fever
- Abnormal drowsiness or lethargy
- Convulsions
- Slurred speech
- Tingling or numbness in arms, hands and/or feet
- Blood or clear fluid from ears or nose
- Loss of appetite
- Blurred or double vision

**Caring for your child’s head injury**
- Watch your child carefully for the first 24 to 48 hours after injury.
- Have your child avoid strenuous physical activity until cleared by a medical professional and is symptom-free.
- Apply an ice bag to the area of swelling intermittently for 24 hours.
- For headache, use acetaminophen (as long as your child has no allergies or ill effects when taking it).
- Unless otherwise instructed, DO NOT awaken your child from sleep.
- Be sure your child reports to the athletic trainer the next school day.

**Symptoms and care for your child**
Head injuries occur when direct or indirect force causes the brain to shake or move in the head. These injuries can range from mild to severe. Most often, symptoms do not appear immediately. Instead, they can manifest themselves hours to days after the trauma. If you notice any of the symptoms listed here, changes in your child’s behavior or an increase of symptoms, please seek medical attention.

Call 330.835.5533 to make an appointment or visit summahealth.org/sportsmedicine for more information.