

## **Gordon College Athletic Training Head Injury Instruction Sheet**

Significant blows to the head **must** be treated with caution. Many of the signs and symptoms of brain trauma may not occur for some time following the injury. Someone should be with you at all times during the first 24 hours after your head injury. If you experience any of the following conditions (or if you have them before leaving the training room and they worsen), or have any questions concerning your condition contact the athletic training room, or campus safety.

- Nausea and/ or vomiting
- Ringing in the ears
- Blurred or double vision
- Confusion or irritability
- Forgetfulness
- Difficulty breathing
- Irregular heartbeat
- Muscle weakness
- Persistent, intense headache or a headache that worsens in intensity

After sustaining a blow to the head, you should refrain from **all** of the following unless directed by a physician:

- Aspirin, Acetaminophen (Tylenol), or Ibuprofen
- Any other pain-relieving medication

These medications may inhibit the clotting mechanism in the brain, potentially increasing the rate of bleeding in the brain. Also, these medications may mask the symptoms listed above, delaying recognition and treatment.

### **Emergency Phone Numbers:**

Meg O'Brien: 978-314-0424  
Tom Faulds: 978-546-9775  
Peter Harmeling: 978-604-4103  
Athletic Training Room: 4723  
Campus Safety: 4444  
Emergency: 4333