



### **Head Injury after Care Instructions**

Although there is no evidence of serious head injury at this time, delayed signs can appear 24 to 48 hours after injury. We recommend that you designate a friend, family member, or Resident Assistant to observe you over the next 48 hours to ensure your condition is progressing normally.

#### **For the first 24 hours:**

1. Have a designated person check you every 2 hours and observe for alertness.
2. Decrease your level of activity. No running, sports, dancing, lifting, etc.
3. No alcohol, sedatives, or narcotics other than recommended by your physician for 72 hours.

#### **Designated Attendants Information:**

If any of the following signs or symptoms are observed, please call the Student Health Center at 346-4441. Ask for the doctor on "Urgent Care" and identify the student and the problem. After hours call, Sacred Heart Emergency room at 686-6931, the Peace Health Urgent Care Center at 687-6279 or McKenzie Willamette Emergency/Urgent Care at 726-4444.

1. Unusual drowsiness or confusion.
2. Difficulty awakening patient.
3. Persistent nausea or vomiting.
4. Blurred vision.
5. Continuous headache not relieved by acetaminophen or ibuprofen.
6. Stiffness of neck or temperature over 100.5°
7. Blood or clear fluids dripping from nose or ears.
8. Increased weakness in arms or legs.
9. Seizures or convulsions.
10. Unequal pupils.

Please take care. Your health and well being are important to us.