



## Head Injury Instructions

You have sustained a head injury. Our examination today shows no indication of any serious damage resulting from this injury. However, in rare instances, some people develop severe problems after returning home. Because of this possibility, we advise the following precautions.

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

**Another person should stay with you to watch you closely!**

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### **If you develop the following symptoms, seek medical attention immediately:**

- Unusual sleepiness or fainting
- Increased confusion
- Change in behavior (acting strange, saying things that do not make sense)
- Double or blurred vision
- Worsening headache
- Vomiting or throwing up
- Cannot remember new events
- Cannot move parts of your body
- Seizure (any jerking of the body or limbs)
- Unclear speech
- New clear or bloody discharge from ears or nose

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### **On the weekends/evenings:**

Student Health Services is not open in the evening or on weekends so you should consult your family physician should any of these events occur.

If your family physician is not quickly available, call 911.

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### **What kind of pain medication can I take?**

You may use acetaminophen (such as Tylenol®)

**DO NOT** take aspirin, or any pain pills not prescribed by your doctor for at least 24 hours!

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### **DO NOT:**

Drink any alcohol

Take any drugs not prescribed by your medical provider!

Play any sports until a medical provider says it is safe to do so!

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### **Note:**

Return to Student Health Services or follow-up with your family doctor as instructed.

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### **For More Information**

Student Health Services ..... 619-594-5281  
Visit Our Website at ..... <http://shs.sdsu.edu>



Student Health Services  
Division of Student Affairs