Name <ANAME> Date <TODAY>

**You have had a head injury or concussion and need to be watched closely for the next 24-48 hours**

**It is OK to**:

Use Tylenol (acetaminophen)

Use an ice pack to head/neck for comfort

Eat a light meal

Go to sleep

**There is no need to:**

Check eyes with a light

Wake up every hour

Stay in bed

**DO NOT:**

Drink Alcohol

Eat spicy foods

Drive a car

Use aspirin, Aleve, Advil or other similar products

**Special Recommendations:**

**WATCH FOR ANY OF THE FOLLOWING PROBLEMS:**

Worsening headache

Stumbling/loss of balance

Vomiting

Weakness in one arm/leg

Decreased level of Consciousness

Blurred Vision

Dilated Pupils

Increased Irritability

Increased Confusion

If any of these problems develop call your athletic trainer or campus safety at 909-607-2000 immediately.

Athletic Trainer <CURRUSER> Phone 909-607-3248

You need to be seen for a follow-up examination in the athletic training room or at Student Health on:

Recommendations provided to:

Recommendation provided by <CURRUSER>