



Head Injury Signs and Symptoms

This information sheet is to help you recognize the signs and symptoms of a head injury, which may not present until hours after the injury. Current guidelines in the care and management of a concussion do not recommend the use of Advil/Motrin (ibuprofen), Aleve (naproxen sodium), other NSAID, or aspirin. It is ok to take Tylenol (acetaminophen) for symptoms, if needed.

If any of these signs or symptoms **WORSEN** over time, please contact a physician:

- Stiffening of the neck
- Mental confusion
- Nausea
- Irritability
- Changes in emotional status – mood swings
- Dizziness, poor balance, or unsteadiness
- Abnormal drowsiness or sleepiness
- Continued ringing in the ears
- Slurring of speech

If any of the following symptoms appear, contact emergency medical services (911) immediately:

- Blood or yellowish/clear fluid from nose or ears
- Persistent vomiting
- Alterations in breathing patterns
- New Double or blurred vision
- Convulsions or seizures
- Weakness in either arm or leg
- Unequal pupils or uncontrolled eye movements
- Severe Headache
- Change in level of consciousness