

Head Injury/Concussion

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for

- ☎ Unresponsive
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Difficult/absent breathing
- ☎ Seizures
- ☎ Pupil changes (one larger than the other)
- ☎ Drainage (bloody or clear) from nose, mouth, or ears
- ☎ Inability to move any body part, including the eyes in all directions
- ☎ Bluish, gray, pale skin color
- ☎ Initial improvement followed by worsening signs
- ☎ Stiff neck
- ☎ Vomits more than once
- ☎ Behaves abnormally
- Scalp wound
- Swelling at site of injury
- Restlessness
- Bleeding

***Head Injury/Concussion information
is continued on the next page***

Always follow school district policy when providing first aid or emergency care.

Head Injury/Concussion *(continued)*

Listen for *signs of:*

- Slurred/confused speech
- Unable to recall events prior to injury

And statements about:

- Fell from height greater than his/her own
- Was unconscious when found
- Sustained a blunt force injury (e.g., ejection from/impact with a car, high-impact sports injury)
- Injury caused by diving
- Helmet was broken or insufficient
- Nausea
- Dizziness
- Blurred, double vision
- Severe headache

Action

1. **DO NOT:**

- Move student (unless absolutely necessary for safety reasons).
- Shake student.
- Remove a helmet if you suspect a serious head or neck injury or if you are not trained to do so.
- Wash a head wound that is deep or bleeding a lot.

DO:

2. Begin CPR (p. 37) for absent breathing or pulse, using jaw thrust technique if you are trained.
3. Hold the head and neck in position found by placing your hands on both sides of the student's head until help from EMS, school nurse, or first aid-trained persons give you directions to release your hold.
4. If student is vomiting, carefully roll the student to one side, as possible, turning the head, neck, and body as one unit.
5. Ice packs (covered in a cloth) may be applied to swollen areas.
6. Students incurring more than a gentle tap to the head should not walk home alone or be at home the first day without adult supervision.
7. If any symptoms persist, medical clearance is required for the student to return to all usual school and extracurricular activities.
8. If a nurse is unavailable, inform parent of head injury and need for prompt medical attention for any signs of nausea, vomiting, irregular pupils or pulse, twitching, unconsciousness, or bleeding from ears or mouth.

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