



<p>Immediate urgent care or 911 needed if:</p> <ul style="list-style-type: none"> • Decreased/loss of consciousness • Decreased confusion or irritability • Numbness in arms or legs • Pupils becoming unequal in size • Fluid drainage from ears, mouth or nose • Seizures • Repeated vomiting • Blurred visions • Slurred speech/inability to speak • Inability to recognize people or places 	<p>Sacramento State Health Care Providers</p> <p>During clinic hours; seek attention from SHCS on campus and/or ATC.</p> <p>For after hour (after 6pm) health care see below:</p> <p>LOCAL EMERGENCY INFO: 24HR Kaiser Hospital 2025 Morse Ave. 916-973-5000</p> <p>Mercy Hospital: 916-453-4545</p> <p>Sutter Hospital : 916-733-1711</p> <p>Campus Police: (Emer.): 916-278-6900 and 911 (Non-Emer.): 916-278-6000</p>	 <p>SACRAMENTO STATE</p> <p>Take home: Head injury monitoring</p> <hr/> <p>Incurred a head injury on:</p> <hr/>
<p>Signs & Symptoms</p> <ul style="list-style-type: none"> • Headaches • Nausea • Drowsiness • Loss of appetite • Light headedness • Irritability • Restlessness • Ringing in ears • Light sensitivity • Lack of coordination • Feeling “off” 	<p>General Information</p> <ul style="list-style-type: none"> • Athlete symptoms may develop immediately or slowly, over time • It is important to continue monitoring athlete for first 24 hours, and check in with designated person(s) each day. • It is important to seek medical attention with a suspected head injury. Obtaining the best care management for a head injury, increase chances of a quicker recovery and increase chances of long term brain health. 	<p>Do:</p> <ul style="list-style-type: none"> • Use Tylenol for headaches (if necessary) • Apply ice to neck/head for comfort • Eat a light meal • Go to sleep • Rest (no strenuous activity or sport) • <u>Seek medical attention</u> <p><u>Don't:</u></p> <ul style="list-style-type: none"> • Use any other medication • Drive or operate any machinery • Drink alcohol • Participate in activities that cause symptoms to increase (Activities that increase heart rate, texting, reading, computers, etc.)