### Immediate urgent care or 911 needed if:
- 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

### Sacramento State Health Care Providers
During clinic hours; seek attention from SHCS on campus and/or ATC.

For after hour (after 6pm) health care see below:

**LOCAL EMERGENCY INFO:**

- **24HR Kaiser Hospital**
  - 2025 Morse Ave.
  - 916-973-5000

- **Mercy Hospital**: 916-453-4545

- **Sutter Hospital**: 916-733-1711

- **Campus Police**: (Emer.): 916-278-6900 and 911 (Non-Emer.): 916-278-6000

### Signs & Symptoms
- Headaches
- Nausea
- Drowsiness
- Loss of appetite
- Light headedness
- Irritability
- Restlessness
- Ringing in ears
- Light sensitivity
- Lack of coordination
- Feeling “off”

### General Information
- 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.

### Do:
- 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)
- Seek medical attention

### Don’t:
- 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.)