

HEAD INJURY or CONCUSSION ----- WARNING

For at least the next 24 hours,

DO NOT

Do Not Ride a Horse or operate heavy machinery

Do Not Drive a Motor car, Do Not Ride a Motor bike or bicycle,

Avoid excess visual stimulation Do NOT use a computer or electronic devices

Do Not drink Alcohol

DO

Get plenty of rest

Take prescribed medications or Paracetamol for Pain

RETURN to the Accident & Emergency Department IF YOU

Have Severe HEADACHES

Are CONFUSED or Have Difficulty Concentrating

Start VOMITING

Have Blurred or Double VISION

Have excessive DROWSINESS or Have a FIT or CONVULSION

After a Head Injury, it is common to have mild headaches, difficulty with concentration, irritability or dizzy turns. If the above should persist more than a few days, you should visit your own Doctor or return to the Accident & Emergency Department.