



## **HEAD INJURY CARD – Version 2.0**

Dear Parent / Carer,

GJFC follows the FA guidance concerning Concussion and any other Head injuries.

This card is to make you aware that your son/daughter has sustained a head injury at today's Training Session/Match. A pitch side First Aid assessment was given by an appropriately qualified First Aider, however it is well recognised that the symptoms and signs of Head Injury can be delayed in onset.

Please monitor them for the next 24 hours and if they have show any of the below symptoms, please take them to Hospital for an urgent assessment at the Accident and Emergency Department.

<ul style="list-style-type: none"><li>• Headache / Localised Pain develops or increases</li></ul>	<ul style="list-style-type: none"><li>• Localised Injury - bruising / bleeding / fracture</li></ul>
<ul style="list-style-type: none"><li>• Dizziness / drowsy / cannot be roused</li></ul>	<ul style="list-style-type: none"><li>• Confusion and disorientation</li></ul>
<ul style="list-style-type: none"><li>• Memory disturbance / loss</li></ul>	<ul style="list-style-type: none"><li>• Delayed response to verbal commands</li></ul>
<ul style="list-style-type: none"><li>• Slurring of speech</li></ul>	<ul style="list-style-type: none"><li>• Blurred / double vision / seeing 'stars' / flashing lights</li></ul>
<ul style="list-style-type: none"><li>• Unsteady on feet / loss of balance / un-coordinated movement</li></ul>	<ul style="list-style-type: none"><li>• Nausea and or vomiting</li></ul>
<ul style="list-style-type: none"><li>• A fit / 'convulsion' (arms and legs jerking uncontrollably)</li></ul>	<ul style="list-style-type: none"><li>• Unconsciousness</li></ul>