

SIERRA-PLUMAS JOINT UNIFIED SCHOOL DISTRICT

109 BECKWITH ROAD, P.O. BOX 955, LOYALTON CA 96118

Office: 530-993-1660 Fax: 530-993-0828

HEAD INJURY REPORT

reported by _____ on _____

Your child, _____, received a head injury at school today. An ice pack was applied to the injured area and

- ☐ your child was observed for _____ minutes, during which time he/she displayed the following symptoms:
 - ☐ Headache or a feeling of pressure in the head
 - ☐ Temporary loss of consciousness
 - ☐ Confusion or feeling as if in a fog
 - ☐ Amnesia surrounding the traumatic event
 - ☐ Dizziness or "seeing stars"
 - ☐ Ringing in the ears
 - ☐ Nausea or vomiting
 - ☐ Slurred speech
 - ☐ Fatigue
- ☐ your child was sent home (see attached Incident Report)
- ☐ child displayed none of the above symptoms and stated he/she felt well enough to return to class

Comment: _____

Injury to the head can be serious and symptoms of injury may not begin to appear until sometime after the actual accident. All head injuries should be watched closely for at least 24 hours. You may allow your child to sleep, but check your child periodically that first night. He/she should wake up, walk and talk normally.

Contact your family physician immediately if your child has any of the following symptoms:

SIGNS OBSERVED BY PARENTS OR GUARDIANS
•Appears dazed or stunned
•Is confused about events
•Answers questions slowly
•Repeats questions
•Can't recall events <i>prior</i> to the hit, bump, or fall
•Can't recall events <i>after</i> the hit, bump, or fall
•Loses consciousness (even briefly)
•Shows behavior or personality changes
•Forgets class schedule or assignments
SYMPTOMS REPORTED BY YOUR CHILD
Thinking/Remembering:
•Difficulty thinking clearly
•Difficulty concentrating or remembering
•Feeling more slowed down
•Feeling sluggish, hazy, foggy, or groggy

Physical:
•Headache or "pressure" in head
•Nausea or vomiting
•Balance problems or dizziness
•Fatigue or feeling tired
•Drowsy
•Blurry or double vision
•Sensitivity to light or noise
•Numbness or tingling
•Does not "feel right"
Emotional:
•Irritable
•Sad
•More emotional than usual
•Nervous
Sleep: (day after injury)
•Sleeps less or more than usual
•Has trouble falling asleep

A few children will get sick from a head injury 7 to 10 days after the accident. Please keep this slip and show it to your doctor if any of the above things happen to your child at any time during the next 10 days. If your child has received two or more serious head injuries within the last year, please contact your physician.