



Head Injury Warning

Dear Student:

You may have suffered a head injury. Head injuries vary in severity from mild to severe concussions to skull fractures. Though most severe head injuries can be recognized at the time of the injury, the signs and symptoms of others may not develop until a later time. Therefore, it is imperative that any Soldier who may have sustained even a minor head injury take prudent precautions.

We suggest the following:

1. Eat a light diet.
2. Do not take any sedatives or consume any alcoholic beverages.
3. **IMMEDIATELY** go to the emergency room and/or call your cadre if any of the following occur:
 - Sever or progressively worsening headache
 - Nausea and/or vomiting
 - Unusual drowsiness
 - Blood or other fluids draining from ears nose or mouth
 - Convulsions and/or seizures
 - Confusion and/or inability to concentrate
 - Blurred vision and/or double vision
 - Ringing in the ears
 - Balance difficulties
 - Dilated and/or unequal pupil size
 - Temperature above 100.5 with or without neck stiffness
4. Do not take more than two(2) Extra-Strength Tylenol (Acetaminophen) **or** three (3) regular strength for headaches. **Do not take aspirin or ibuprofen!!** Do not take any other pain medications.

If any symptoms occur, report them to the cadre before your next class.

- (706) 544-2041 – M.A.C.H. information desk
- (706) 544-4000 – Ft Benning EMS/911