THE RTYFC HEAD INJURY CARD

Name

Address

Tel No

Time of Head Injury

Date of Head Injury

Emergency Telephone Numbers

Hospital

Ambulance

First Aider

GP

I have given a completed Head Injury Card to a parent/guardian/relative/carer of the player

Name of First Aider

Date

IMPORTANT WARNING

He/she should be taken to a hospital or a doctor immediately if any of the following occurs:

− Vomiting

− Headache develops or increases

− Becomes restless or irritable

− Becomes dizzy, drowsy or cannot be roused

− Has a fit or convulsion

− Anything else unusual happens

FOR THE REST OF TODAY HE/SHE SHOULD:

− Rest quietly

− Not consume alcohol

− Not drive a vehicle

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