



Fairbanks North Star Borough School District

FAIRBANKS NORTH STAR BOROUGH SCHOOL DISTRICT

520 Fifth Ave. Fairbanks, Alaska 99701 (907) 452-2000

HEAD INJURY INSTRUCTION SHEET FOR PARENTS

Date:

Dear Parent/Guardian:

_____ (student) received a blow to the head today. Your child was seen in the nurse's office and had no problems at that time. You should watch for any of the following symptoms for 24–48 hours, and consult a physician or the emergency room if any symptoms appear.

- Unusual behavior such as being confused, breathing irregularly, dizziness, and agitation.
- Change in behavior.
- Severe headache.
- Nausea and/or vomiting.
- Double vision or blurred vision.
- Loss of muscle coordination such as falling down, walking strangely, staggering.
- Unusual sleepiness, drowsiness, or loss of consciousness.
- Bleeding or discharge from ears or nose.
- Convulsions/seizures.
- Unequal pupils

You do NOT need to keep your child awake. Checking periodically for arousability is fine, full awakening from sleep is not necessary. Tylenol (acetaminophen) may be given for headache. Avoid aspirin and ibuprofen as these have a blood thinning effect.
*PLEASE CONTACT THE SCHOOL NURSE IF MEDICAL TREATMENT WAS NEEDED.

Comments:

School Nurse

Phone

School