



WRUFC Head Injury Advice



You have been assessed by a healthcare professional following a minor head injury. Our assessment has concluded that you do not need to attend hospital and that you should recover without any problems.

However, as a precaution, if you experience any of the following you should attend your local A+E department as soon as possible.

- unconsciousness or deteriorating conscious level (becoming more drowsy)
- increasing confusion
- extreme drowsiness lasting more than one hour when you would be normally awake
- problems understanding or speaking
- loss of balance or problems walking
- weakness in one or both arms or legs
- visual disturbance - particularly double vision
- increasing, very painful headache that does not go away
- vomiting more than once
- if you have a seizure (fit) or suddenly pass out
- observe any fluid or blood coming from your ears or nose or experience deafness

It is quite normal to experience one or more of the following symptoms following a minor head injury. They may last a few days.

- mild headache
- feeling sick
- dizziness
- irritability
- loss of appetite
- difficulty concentrating, feeling tired, difficulty sleeping

To help you recover quickly and safely, we recommend the following:

- insure someone responsible stays with you for the next 24 - 48 hours
- stay within reach of a telephone
- do not drink alcohol or take unprescribed medication - you can take paracetamol but avoid ibuprofen, aspirin and codeine based medicines
- you may need a few days off school/work to aid recovery
- do not drive or operate heavy machinery until you have fully recovered
- you must follow and successfully complete the RFU Graduated Return To Play protocol before you play again