

## Contact Us

### Urgent Questions or Concerns

Telehealth Nursing  
651-229-3890

### Other Questions About Your Care

St. Paul Clinic patients:  
Nurse Call Line  
651-578-5000

Patients at Other Locations:  
Contact a member of your  
Gillette health care team.

### Appointments

651-290-8707

## Important to Know

If you have concerns about any of the symptoms listed here, go to a health care provider right away.

## Books, DVDs and More

Find materials about disabilities, medical conditions and support for caregivers.

### Health Resources and Education

St. Paul campus, near  
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

# What to Do After a Traumatic Brain Injury

patient education  
DIS085

Recognizing and properly managing traumatic brain injuries when they first occur can help prevent further injury or even death.

If you have any concerns about the signs and symptoms listed here, you need to **IMMEDIATELY** remove yourself/your child from all physical and cognitive activity and go to your primary health care provider, an urgent care facility or an emergency room.

Minnesota state law requires coaches or officials to remove athletes from participating when they exhibit signs, symptoms or behaviors consistent with a traumatic brain injury, or when they are suspected of sustaining a brain injury. (See the next page for more information.)

## Common Brain Injury Symptoms

### Physical

- Headaches
- Nausea
- Dizziness and/or trouble with balance
- Visual problems and/or sensitivity to light
- Sensitivity to noise
- Numbness and/or tingling

### Cognitive

- Feeling foggy, slowed down, dazed or stunned
- Difficulty concentrating
- Difficulty remembering
- Forgetting or feeling confused about recent events
- Repeating questions or answering them more slowly than usual
- Changes in school performance

### Emotional

- Irritable
- Sadness
- Nervousness
- Feeling more emotional than usual
- Showing less interest in favorite activities

### Sleep and Energy

- Fatigue
- Drowsiness
- Sleeping more or less than usual
- Having trouble falling asleep and/or staying asleep

## When to Call 911

Call 911 if you/your child sustains a traumatic brain injury and has any of the following signs and symptoms:

### Physical

- Severe head, neck or spine pain
- Suspicion of a skull fracture
- Vomiting
- Difficulty moving arms or legs
- Shallow, labored breathing or no breaths
- Change in eyesight
- Seizure following injury
- Bulging fontanel (portion of head)
- General weakness, decrease in strength, numbness, problems walking
- Drainage from ears or nose

### Cognitive

- Loss of consciousness
- Change in speech, talking
- Problems understanding
- Not oriented to person, place or time

*Continued on next page.*

## Emotional

- Change in personality
- Thoughts of suicide, harming yourself or others
- Inconsolable

## Sleep and Energy

- Lethargic, difficult to arouse
- Will not eat or nurse

## Also, call 911 if the injury included any of the following:

- Fall from height that is twice the height of the child
- High-speed accident (car accident, ATV accident)
- Hit directly with a hard object (bat, golf club)
- Penetrating injury to the skull or spine
- Bleeding that does not stop with direct pressure

## Minnesota State Law and Brain Injuries

Effective September 1, 2011, Minnesota state law requires coaches and/or officials to remove a youth athlete from participating in any youth athletic activity when the athlete exhibits signs, symptoms or behaviors consistent with a concussion, or is suspected of sustaining a concussion. When a youth athlete is removed because of a concussion, the athlete may not again participate in the activity until the athlete:

- No longer exhibits signs, symptoms or behaviors consistent with a concussion
- Is evaluated by a health care provider trained and experienced in evaluating and managing concussions
- Receives written permission from the health care provider to again participate in the activity

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