HEADS UP SCHOOLS

A-Head Check

BTF BRAIN TRAUMA FOUNDATION

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

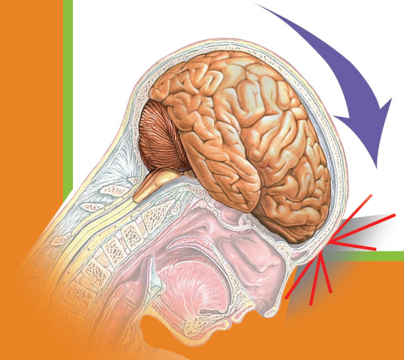
IMMEDIATE HEAD INJURY EVALUATION

Alert

Is the person alert? Question him/her:

- Can you open your eyes?
- Can you explain to me what happened?

If there is no response to either question immediately call 911 for medical assistance.



Ask

If the person is alert, ask him/her:

- Do you have a severe headache?
- Do you feel like you may vomit?
- Do you have difficulty staying awake?

If the answer is yes to any of these questions or if the person has any symptoms that concern you, seek medical assistance or call 911.

Aid

All head injuries should be evaluated by an appropriate healthcare professional. A hit on the head can cause a brain injury.

- Brain injuries can range from mild (mild concussion) to severe (coma).
- Symptoms may appear hours or days later.

After a brain injury, the person should rest and not engage in any activities requiring a lot of concentration or physical activity until symptom free.

For more information, visit **www.braintrauma.org** or **www.cdc.gov/Concussion**.

A part of CDC's Heads Up Series