



Buckeye Union School District

Nursing and Wellness Program

HEAD INJURY SHEET

Student's Name: _____

Teacher: _____

Grade: _____

- | | |
|---|--|
| <input type="checkbox"/> Blue Oak Elementary or
Blue Oak Montessori, 530-676-0164x1830 | <input type="checkbox"/> Oak Meadow Elementary, 916-933-9746 x2130 |
| <input type="checkbox"/> Buckeye Elementary, 530-677-2277x1230 | <input type="checkbox"/> Rolling Hills Middle School, 916-933-9290 x3030 |
| <input type="checkbox"/> Camerado Springs Middle School, 530-677-1658x1530 | <input type="checkbox"/> Silva Valley Elementary, 916-933-3767 x2730 |
| | <input type="checkbox"/> William Brooks Elementary, 916-933-6618 x2430 |

Date: _____

Dear Parent/Guardian: Your child was seen in the health office/office today following a head injury. Although s/he was seen and treated and appeared to be fine when sent out, problems associated with this kind of injury may not show up for several hours, up to two days. Please watch your child for the following signs or symptoms:

- Nausea or vomiting
- Dizziness (most head injuries may cause a small amount of this)
- Seizures (convulsions)
- Drainage of blood or fluid from ear, nose or mouth
- A change in the ability to see (double vision, fuzzy vision) or hear
- Excessive drowsiness or the inability to arouse easily
- Weakness, paralysis or lack of coordination of arms, legs or facial muscles; unequal hand grips (have your child squeeze two fingers of each of your hands at same time)
- Unsteady gait (walking)
- A change in ability to speak or changes in speech pattern
- Persistent or increasingly severe headache (most head injuries cause mild to moderate headache)
- Unusual irritability, confusion or other change in your child's personality
- Pupils (the black center of the eye) that are NOT the same size

If **ANY** of the above signs or symptoms should occur, please contact your family doctor or contact your local hospital emergency department. Avoid giving sedatives or strong pain medication as this may alter consciousness and make medical evaluation more difficult.

Thank you for your attention to this matter and your understanding.

Best regards,

Jennifer Edwards, RN BSN PHN

Tristan Kleinknight, RN BSN PHN

Buckeye Union School District Nurses

As many communicable diseases have risen in reporting in the past several years, we strongly urge that you review your child's vaccination status as some of these diseases can cause permanent disability or be fatal. WHOOPING COUGH, DIPHTHERIA, TETANUS, POLIOMYELITIS, MUMPS, RUBELLA (GERMAN MEASLES), RUBEOLA (MEASLES) and VARICELLA (CHICKENPOX) can be prevented by immunizations. If your child has not been immunized against them, consult with your family physician or the County Department of Public Health.