

About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

Date: _____ **Time:** _____

Notes by crew:

Head Injury



Managing Care After Injury or Illness



Head Injuries

Striking your head against an object or receiving a blow to your head may cause a minor head injury. Your face or head may be bruised or cut and you may have been unconscious for a short time as a result of the injury.

Head injuries can also occur without bruising, cuts or unconsciousness. Head injuries can be dangerous if bleeding or swelling occur inside the head. Also, because a head injury may not be noticed at first, it is important to follow these instructions, even if you do not have symptoms now.

What To Watch For

If you have decided not to be transported by MedStar to a medical facility, contact your doctor or seek other medical help if any of the following develop:

- Unexplained drowsiness, stupor, or unresponsiveness (loss of consciousness)
- Severe or constant headache
- Continuous neck or back pain
- Weakness or loss of feeling in arms or legs, difficulty walking or loss of balance
- Dizziness or vision problems

- Ongoing nausea or vomiting
- Speech or hearing difficulty
- Bleeding or unusual discharge from the nose or ears
- Confusion, loss of memory, unexplained irritability or personality changes
- Twitching, convulsions or seizures

Consider These Actions

- The head-injured person should not be alone for the next 24 hours. If you are caring for them, wake them every two hours to make sure they can be easily wakened and can answer simple questions. The patient should rest and avoid strenuous activities.
- Do not take any alcohol, sedatives or pain medication without checking with a doctor. Check with your doctor if you are taking aspirin on a regular basis.
- A cold compress or ice pack can be applied to any tender/painful area of the head. Avoid excessive cold applications.
- **If needed, seek additional help by contacting your doctor or medical facility, going to the hospital emergency room or contact the ambulance again by calling 9-1-1.**