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You have sustained a head injury and possible concussion; you may experience headaches, fatigue, nausea and mental "fogginess" for a several days. Any head trauma has the potential to be dangerous, whether or not you lose consciousness.

### GENERAL INSTRUCTIONS

- Take only plain acetaminophen (Tylenol) for headache or pain.
- Do not take aspirin or ibuprofen.
- Do not drive, ride a motorcycle, or operate machinery until you feel completely recovered.

If you experience any of the following symptoms contact Millersville University Health Services

