

# ! DISCHARGE INSTRUCTIONS !

## What to Watch For

- Sleepiness is normal, but awaken the person every two hours for the first 24 hours unless your doctor states otherwise.
- Encourage fluids and keep on a bland diet for the first 24-48 hours (1-2 days). Stay away from heavy, fried and greasy foods.
- DO NOT give any medications for pain other than Tylenol as directed on the label for the age and weight of the person.
- Dizziness or being clumsy can occur so be sure not to leave the injured person alone. Do not let them do vigorous physical activities like running, jumping, hiking, bicycle riding, sledding, skating, sports, physical education at school, etc. until after they have a follow-up visit with the doctor and he/she says normal activities can be resumed.
- **GO DIRECTLY to the nearest Emergency Room or Trauma Center if any of the following occur:**
  - Unusual sleepiness or difficulty waking up
  - Constant vomiting
  - Double vision
  - Weakness, numbness or paralysis of arms or legs
  - Confusion or disorientation (not knowing where they are or who you are)
  - Behavior that is not appropriate for age
  - Pupils (the black center part of the eye) that are not the same size or do not get smaller in bright light
  - Seizures, convulsions, or “fits”
- If you have any questions or concerns about the person’s condition call your doctor or the nearest emergency room or trauma center.

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# HEAD INJURY AND CONCUSSION



# What is a concussion

A concussion is the most typical kind of traumatic brain injury. It is caused by a blow or jolt to the head or body that is strong enough to shake the brain inside the skull. A concussion can occur without loss of consciousness or “blacking out”.

## Common Causes of a Concussion

- Bicycle accidents
- Sports injuries
- Falls from playground equipment, from windows, or into water
- All-terrain vehicle collisions or falls
- Skating or rollerblading
- Being hit by a car
- Boating accidents
- Horseback riding
- Sledding, skiing, snowboarding
- Snowmobile accidents



## CONCUSSION PREVENTION

- The most important thing in preventing head and brain injuries is to WEAR A HELMET!
- Helmets should be worn when riding a bike, roller skating, or skate boarding; playing contact sports like football, soccer, baseball, boxing, or hockey; horseback riding; sledding, skiing, snowboarding or riding on a snowmobile or motorcycle.
- ALWAYS wear a seatbelt when riding in or driving a motor vehicle.
- Adults, NEVER drive while under the influence of alcohol.
- Wear a life preserver when around water and especially when boating.
- Prevent falls by keeping hallways and walkways clear of toys and debris; use nonslip mats in bathtubs and showers; be sure to have railings on all stairways; and install grab bars in bathrooms if needed.
- When there are small children in a home or who visit often install window guards, safety gates, and cupboard door locks.
- Watch children on playgrounds. Be sure they do not walk too close to swings or attempt to climb on equipment too big for their age.

### MICHIGAN SEATBELT LAW:

- Children from birth until age 8 must be properly restrained in a child safety seat or booster seat in the vehicle, unless 4'9" tall.
- Children who are eight years old but less than sixteen years old must use a safety belt no matter where they are riding in the vehicle.

# How to recognize a concussion

## AFTER AN INJURY

### OBSERVE FOR:

- Confusion
- Repeating the same questions over and over
- Forgetful
- Clumsy movements or staggering
- Loses consciousness or “blacks out”
- Doesn't remember what happened
- Headache
- Nausea and or vomiting
- Dizzy
- Loss of balance
- Sensitive to light and noise
- Feeling “groggy” or sluggish
- Cannot concentrate on simple things

## What To Do If You Suspect a Concussion

- Stop the activity or sport.
- Children should tell an adult what happened or have a friend go tell an adult.
- See a doctor or go to an emergency room if there was loss of consciousness, “blacked out”, or any of the other signs and symptoms above do not go away.
- Call 911 if the person cannot be awakened or has a seizure, convulsions, or “fit”.

# THE FACTS

The right to walk safely seems fundamental, especially for children, yet each year more than 600 children have died from injuries sustained while walking, over 500 of these in traffic.

- In 2009, nearly 34,000 children ages 14 and under were treated in hospital emergency rooms for pedestrian-related injuries and 15 children were killed as pedestrians in school bus-related incidents.
- 40 percent of traffic-related pedestrian deaths occurred between 3 p.m. and 6 p.m.
- Nearly 10 percent of injuries occur in driveways when children are playing or walking behind a vehicle.
- The most likely places injuries occur are in residential areas with two way streets, lots of traffic and parked cars, and few play areas.
- Toddlers (ages 1 to 2) have the highest number of pedestrian injuries, mainly due to their small size and limited traffic experience. More than half occur when a vehicle is backing up.
- Two-thirds of drivers exceeded the posted speed limit in school zones during the 30 minute period before and after school.

## SO DON'T...

- Don't chase balls, toys, or pets into the street, ask an adult to help you get it back.
- Don't block your ears with headphones especially with the volume turned up high. You may miss a blowing horn or other important noises.
- Don't text on a cell phone, you might accidentally walk into the street, or not be alert to cars, sirens, or other hazards.

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# WALKING SAFELY



# WALKING SAFETY

- ✓ Walk on the sidewalk if possible.
- ✓ If there is no sidewalk, walk on the LEFT side of the street, facing oncoming traffic.
- ✓ Walk with an adult until you are at least 10 years old and hold their hand.
- ✓ Wear light-colored clothing or something with reflective tape or devices so drivers can see you.  
*In the morning, when the sun isn't up yet and as it starts to get dark, the lights from cars will reflect from the tape or devices and attract attention to you.*
- ✓ Use a flashlight if you have one.
- ✓ Stay with a group whenever possible.
- ✓ Always keep your head up to watch what is going on around you.

# WHEN CROSSING STREETS

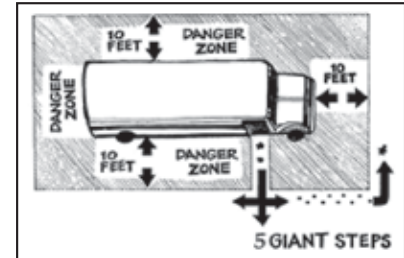
## STOP, LOOK & LISTEN BEFORE you cross the street!

Use your **EYES** • Then your **EARS**  
Then use your **Feet**

- ✓ Look left, right, left. Continue to look left and right as you walk across the street until you reach the other side.
- ✓ Cross at crosswalks not in the middle of the street.
- ✓ Push the button and wait for the traffic signal before crossing.
- ✓ Obey traffic lights.
- ✓ Use crossing bridges when present.

# AROUND BUSES

- ✓ Don't walk in front of the bus unless the driver tells you it is okay. Then go far enough away that the bus driver can see you and watches you cross.



- ✓ If you drop something in front of the bus, don't stop to pick it up! The driver cannot see you. Wait until you get to the other side and get the bus drivers attention and inform them OR return with an adult to retrieve the item dropped.
- ✓ NEVER put yourself in harms way for a dropped object!
- ✓ If you ride on the bus stay in your seat and talk quietly so the driver can concentrate on driving not your noise.

# AROUND CARS & PARKING LOTS:

- ✓ Walk in a designated path.
- ✓ Cross with the help of the crossing guard.
- ✓ Do not run in a parking lot.
- ✓ Do not think cars can see you and know you are coming.
- ✓ Be mindful of cars backing up.
- ✓ Do not zig-zag around parked cars.



# RAILROAD CROSSINGS

- ✓ Trains can't stop as quickly as a car. They are big and moving faster than it looks.
- ✓ A train going 55 miles per hour can take up to a mile to stop – that's 20 football fields!
- ✓ Never try to cross railroad tracks if a train is coming.
- ✓ Only cross at railroad crossings and STOP, LOOK, and LISTEN just as you would to cross the street.
- ✓ When a train is coming stand at least 10 giant steps away from the track.
- ✓ When one train passes be sure another one is not coming after it or from the other direction.
- ✓ ALWAYS get off your bike and walk it across the tracks.
- ✓ Walking or playing on and around railroad tracks is dangerous.

# SAFE PLAY AREAS



- ✓ Backyard
- ✓ Playground
- ✓ Park