

# BLUE CARD FOR THE PLAYER

## You have sustained a head injury!

Over the next 48 hours, you must avoid:

- Alcohol
  - Driving a motor vehicle
  - Anti-inflammatory medication/aspirin (except paracetamol)
  - Bright light and loud noise
  - Computers and television
  - Exercise, until cleared by a medical doctor
  - Mobile devices for longer than 2 hours each day
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- **Do not remain on your own**
  - **Go to a hospital if symptoms worsen**
  - **See a Doctor experienced in concussion management before returning to play sport**



# BLUE CARD FOR OTHERS

**The player must not be left alone!**

**They must go to a hospital at once if they:**

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- Have a headache that gets worse/ unbearable
- Are very drowsy or can't be awakened
- Can't recognise people or places
- Have slurred speech
- Behave unusually or seem confused or very irritable
- Are unsteady on their feet
- Have repeated vomiting
- Have weak or numb arms or legs
- Have seizures (arms and legs jerk uncontrollably)
- Have clear fluid or blood coming out of either ear

**HEADSAFE**

