



# HEAD INJURY

Head has been hurt, wounded or injured

## CAUSES

### CONCUSSION

A concussion is a type of injury to the brain caused by a sudden blow or jar to the head. Among its many symptoms are loss of consciousness, vomiting and seizures. However, not all symptoms appear consistently in every case, so it is advisable to seek emergency help with this type of injury.

#### Symptoms:

- Loss of consciousness
- Nausea and vomiting
- Dizziness
- Loss of memory
- Headache
- Loss of balance
- Restlessness, difficulty concentrating or paying attention

#### DO:

- Apply ice to the injured area to reduce the swelling.
- Pay attention to any symptom within 24 to 72 hours from the onset of injury. Restlessness, severe headache and pupils of unequal size are enough cause to go seek help.

#### DON'T:

- Don't assume that a small bump on the head means a minor injury. Watch out for new symptoms within the first 72 hours after an injury.

### INTRACRANIAL HEMATOMA

An intracranial hematoma is a blood clot that forms between the skull and the brain, often due to a ruptured blood vessel. This clot puts undue pressure on the brain and various symptoms such as headache, vomiting or nausea may be experienced. This is a serious medical condition and help must be sought.

#### Symptoms:

- Headache
- Nausea, vomiting
- Confusion
- Weak feeling
- Numbness
- Pupils of unequal size or change in pupil size

#### DO:

- Apply ice to the injured area to reduce the swelling.
- Pay attention to any symptom within 24 to 72 hours from onset of injury. Restlessness, severe headache, and pupils of unequal size are enough cause to go seek help.

#### DON'T:

- Don't assume that a small bump on the head means a minor injury. Watch out for new symptoms within the first 72 hours after an injury.



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### SKULL FRACTURE

A skull fracture is a break in the bone that protects the brain, usually a result of a hard blow to the head. There may be bleeding and leaking of clear fluid, not just from the injured area but also from the eyes and nose. Seek emergency help immediately.

#### Symptoms:

- Bleeding in the head, eyes or nose
- Pain or headache
- Discoloration around the eyes or ears
- Swelling
- Pupils of unequal size

#### DO:

- Apply ice to the injured area to reduce the swelling.
- Seek help immediately.

#### DON'T:

- Don't assume that a small bump on the head means a minor injury. Monitor symptoms for the next 24 to 72 hours after an injury.



*The skull is the bone that protects the brain.*

# HEARING LOSS

Difficulty in hearing sounds in one or both ears

### AGING

People who have reached the age of 60 or older may experience a gradual loss of hearing or a diminishing capacity to hear in one or both ears. Seek help to determine if the hearing loss will require hearing devices.

#### Symptoms:

- Difficulty in hearing sounds in one or both ears

#### DO:

- Seek help to determine if a hearing device is necessary for you.

#### DON'T:

- Don't be embarrassed to ask people to speak louder or more clearly. It is important that you keep track of how pronounced the hearing loss has become and how loudly people should speak in order for you to hear them.