

A Guide for Patients and Families

# Head Injury Advice



## Precautions

In the next few days, you should:



Rest



AVOID strenuous activity.



AVOID alcohol.



Take medications prescribed by doctors only.

DO NOT self-medicate.

## When Should I Seek Medical Attention?

Please inform your family members to bring you to the nearest hospital or clinic if you have the following symptoms:



Persistent headache and giddiness.



Nausea and vomiting.



Drowsiness



Confusion



Irritability



Seizure



Blurring vision or  
double vision.



Weakness of limb(s)  
or loss of balance  
when walking.

