



HEAD INJURY ALERT CARD

For: _____

If I sustain a major head injury, please take me to a Level One or comparable trauma center, and follow the directions on the other side of this card.

IF I AM IN A COMA PLEASE FOLLOW THESE INSTRUCTIONS*:

- Insure an open airway, breathing, and circulation to maintain adequate oxygen and blood pressure for my brain.
- Do a CAT scan as soon as possible and have it evaluated by a neurosurgeon.
- If I am in a coma and my CT scan is abnormal, monitor my brain pressure. If possible, drain cerebrospinal fluid in order to relieve elevated brain pressure.
- Make sure my blood pressure and my brain pressure are balanced to insure that my brain receives adequate blood and oxygen.

*Derived from the Management and Prognosis of Severe Traumatic Brain Injury, 2000.

BRAIN TRAUMA FOUNDATION

www.braintrauma.org