Contact a doctor immediately if

- Severe neck pain
- Bleeding out of the ear
- Pins and needles/tingling/burning feeling in arms and/or legs
- Changes in behaviour
- Becoming more confused
- Just not feeling right
- Headache getting worse
- Clear fluid leaking out of the ears or nose
- Having a fit or seizure
- Seeing double
- Throwing up or vomiting (adults >1 time, children x 1)
- Drowsy/sleepy or passing out

HIGH PERFORMANCE SPORT NEW ZEALAND