

# Caring for your injured player



## CONCUSSION

Call 000 when:

- Prolonged loss of consciousness
- Seizure
- Numbness or tingling in limb



All other concussion injury can be assessed at Heal



## NECK INJURY

Call 000 when:

- Movement is severely restricted
- Can not walk
- Numbness or tingling in limb



All other neck injury can be assessed at Heal



## FRACTURE

Call 000 when:

- Bones sticking out
- Grossly deformed joint
- Unable to travel by private car safely



All other fracture injury can be assessed at Heal

NOT SURE ?  
CALL HEAL NOW

 13 0009 0009

 Heal Specialist Urgent Care  
Newcastle Clinic  
96 Parry St, Newcastle West

 Heal Specialist Urgent Care  
Maitland Clinic  
30 Metford Rd, East Maitland