

## Head injury Advice for Parents/Carers



Children have many bangs to the head and it can be difficult to tell if they are serious or not. Most head injuries are not serious and simple result in a bump or bruise, but occasionally head injuries require medical attention.

**Please follow the advice below if your child has had a head injury and :**

- .Been knocked out at any time
- .Injured their neck or spine
- .Has difficulty understanding what you are saying
- .Been confused or so sleepy that you cannot wake them properly
- .Has weakness in their arms or legs or losing their balance
- .Has had a convulsion or fit
- .Becomes suddenly deaf
- .Has clear fluid dripping out of their ear, nose or both
- .Has blood coming from inside one or both ears
- .Vomited more than once
- .Bled a lot from their head



Phone 999 for an ambulance or go straight to the nearest Accident and Emergency department

- .Fallen from a height greater than the child's own height
- .Fallen more than a metre in height (3Ft )
- .Fallen down stairs (from top to bottom poses more risk than bumping down the stairs)
- .Had a persistent headache since the injury
- .Has a blood clotting disorder
- .Consumed alcohol
- .Been very irritable or no concentration or interest in things
- .If your child is under 1 year old
- .If you are concerned your child has been deliberately harmed



Take your child to Accident and Emergency or seek immediate medical advice

- .Has not been knocked out
- .Is alert and interacts with you
- .No vomiting (or max 1 vomit post injury)
- .Has small bruising or minor cuts to the head
- .Cried immediately but is otherwise normal



Manage at home following the advice overleaf

**Monitor your child closely over the next 2-3 days. If your child becomes unwell and shows any symptoms in the red or amber box follow the advice stated.**

## These things are expected and you shouldn't worry about them

For next couple of hours your infant/child will probably be pale, quieter than normal and irritable

Over next few days your Infant/child may experience the following symptoms:

Mild headaches  
Feeling sick (without vomiting)  
Irritability/bad tempered  
Concentration problems  
Tiredness or problems sleeping  
Lack of appetite



If these symptoms do not go away in 1-2 weeks contact your G.P.

Do not leave your child alone for the first 48 hours

### FOR INFANTS YOU SHOULD

Try to give your baby normal feeds  
Make sure you can wake them as normal



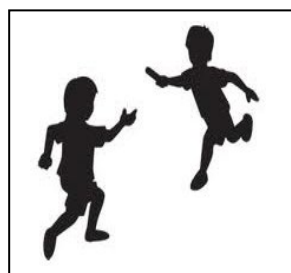
For children over 1 years of age you should



Give your child paracetamol/ibuprofen if they are in pain (follow instructions on bottle)  
Encourage plenty of rest/avoid stressful situations

Give light things to eat

If area is bruised/swollen apply cold cloth for 20 mins (repeat 4 hourly if required)



Do not let your child join in any vigorous games

Older children should avoid contact sports for 3 weeks

Do not send back to school until completely recovered

Try to avoid medicine that will make your child sleepy (eg Piriton)