

Head Injury

for use by the parents / carers of children with a head injury the same advice is equally relevant to adults with a head injury.



Explanation and advice for Parents/Carers

Head injury instructions for parents and carers.

Following a head injury your child should be kept under observation for 24 hours. If you have any concerns after checking him/her, (see *) please seek advice from your GP by telephoning 810202 or make arrangements to take him/her to Casualty.

The signs you need to look out for are:

- ✓ Increasing drowsiness or confusion
- ✓ Worsening headache
- ✓ Persistent vomiting (more than twice)
- ✓ Weakness of one or more limbs
- ✓ Continuous discharge from ear, nose or mouth
- ✓ Fits

When your child is asleep, you should try to check on him/her every 2 hours or so to ensure:

- ✓ He/she is breathing properly
- ✓ He/she is lying in a normal position
- ✓ He/she responds normally when gently roused e.g. pulling up the sheets
- ✓ * If you are not satisfied that everything is normal, fully wake him/her and check them yourself that all is well.

Remember, your child has had a bump on the head. They are entitled to have a headache, feel sleepy and feel a little sick or even vomit. There is no need to keep him/her awake. Let them rest in a quiet room, give them some paracetamol and let them sleep. This is normal.

It is when the symptoms are severe and persistent that concern should be raised.

While these instructions have been written