

Head Injury Advice Sheet

Name of child:

Age:

Date/Time advice given:

Further advice/Follow-up:

Name of professional:

Signature of professional:



Red

- Has been "knocked out" at any time
- Been sick more than once
- Has clear fluid dribbling out of their ears, nose or both
- Has blood coming from inside one or both of their ears
- Has difficulty speaking or understanding what you are saying
- Is sleepy and you cannot get them to wake up
- Has weakness in their arms and legs or is losing their balance
- Has had a convulsion or fit

**You need
urgent help.**

Please phone 999
or go straight to the
nearest Accident
and Emergency
Department.



Amber

- If your child:
- Has a blood clotting disorder

**You need to
contact a doctor
or nurse today.**

Please ring your GP
surgery or call NHS
111 – dial 111.



Green

- If none of the above features are present, most children with can be safely managed at home.

Self Care.

Using the advice
overleaf you can
provide the care
your child needs
at home.

Useful information

Children under the weather?

Search 'Catch app' to download a free NHS local health app for parents and carers of children from pregnancy to age 5.



For more information visit
www.catchapp.co.uk or
[@catchapp_uk](https://twitter.com/catchapp_uk)

catch
Common Approach To Children's Health



Your Pharmacist



Pharmacists can offer advice and medicines for a range of minor illnesses and most have a room where you can discuss issues with pharmacy staff without being overheard and are trained to tell you when your symptoms mean you need to see a doctor.

To find your local pharmacy
and open times visit
www.sthelenscares.co.uk



Need medical advice or help right now?

CALL
111

Use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. You can also access 111 online at: www.111.nhs.uk

Trained advisors are available 24 hours a day and can book you an appointment at the Urgent Treatment Centre, order a repeat prescription or put you in touch with a healthcare professional.

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Things that will help your child get better

If you follow this advice it should help your child get better more quickly and it may help any symptoms they have to go away.

- Do encourage your child to have plenty of rest and avoid stressful situations.
- Do not give them sleeping pills, sedatives or tranquilisers unless they are prescribed for your child by a doctor.

Self care

- Clean any wound with tap water.
- If the area is swollen or bleeding apply pressure.
- Give your child children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers' instructions for the correct dose.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- If the area is swollen or bruised, try placing a cold facecloth over it for 20 minutes every 3-4 hours.
- Make sure your child is drinking enough fluid – water is best, and lukewarm drinks can also be soothing.
- Keep the room they are in at a comfortable temperature, but well ventilated
- It is OK to allow your child to sleep, but observe them regularly and check they respond normally to touch and that their breathing and position in bed is normal.
- Give them plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- You know your child best. If you are concerned about them you should seek further advice.

These things are expected after a head injury

- Intermittent headache especially whilst watching TV or computer games.
- Being off their food.
- Tiredness or trouble getting to sleep.
- Short periods of irritability, bad temper or poor concentration.

May last several weeks.

Do not let them play any contact sport (for example, football) for at least 3 weeks without talking to their doctor first.