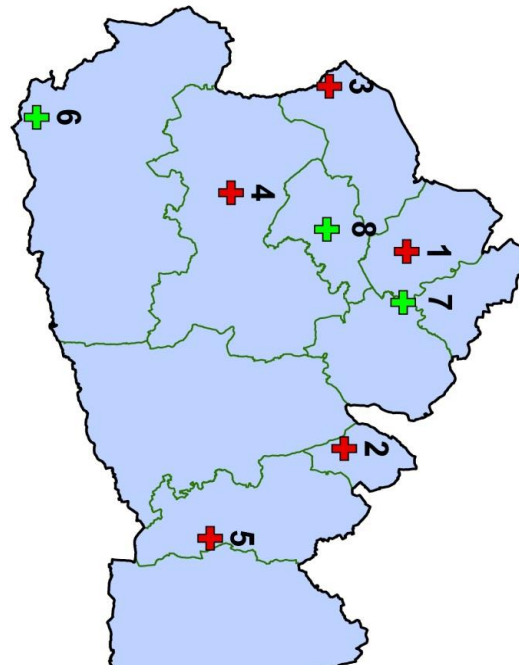


- Clean any wound with tap water.
- If the area is swollen or bleeding, apply pressure for 5-10 minutes. If continues to bleed, keep applying pressure or seek medical advice.
- If in pain give paracetamol or ibuprofen. Always follow the manufacturers' instructions for the correct dose and form.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- 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 your child plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- Following a head injury, do NOT play ANY contact sport (for example football) for at least 3 weeks without talking to your doctor first.
- You know your child best. If you are concerned about them you should seek further advice.

**Do not worry unduly - these things are expected after a head injury and may last up to two weeks:**

- Intermittent headache especially whilst watching TV or computer games
- Being off their food or feeling sick (without vomiting)
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration

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- 1 St. Peter's Hospital A & E: Guildford Road, Chertsey, KT16 0PZ
- 2 Epsom Hospital A & E: Dorking Road, Epsom, KT18 7EG
- 3 Frimley Park Hospital A & E: Portsmouth Road, Frimley, GU16 7UJ
- 4 Royal Surrey County Hospital A & E: Egerton Road, Guildford, GU2 7XX
- 5 East Surrey Hospital A & E: Three Arch Road, Redhill, RH1 5RH
- 6 Haslemere Minor Injuries Unit: Church Lane, Haslemere, GU27 2BJ
- 7 Weybridge NHS Walk-in Centre: 22 Church Street, Weybridge, KT13 8DY
- 8 Woking NHS Walk-In Centre: Heathside Road, Woking, GU22 7HS

Check opening times of walk in centres on line before you leave



# Head Injury in Children and Young People

**2015 UPDATED**

**Advice for Parents and Carers**

Child/Young Person's Name .....

Advice Given By .....

Location of Injury .....

Date ..... Time .....



# Head Injury - Advice for Parents and Carers

This leaflet is to help to advise on how best to care for a child who has a bump / injury to the head.

Head wounds rarely need stitches and can normally be glued by a health professional. This can be done in Minor Injury Units or Urgent Treatment Centres and some GP practices offer a minor injuries service. To find a local service see overleaf.

Please use the "Caring for your child at home" advice section (see overleaf) and the traffic light advice below to help you. **Most children can be managed according to the green guidance below especially if they are alert and interacting with you. It is important to watch the child for the next 2-3 days to ensure that they are responding to you as usual.**

## Traffic light advice:

### Green: Low Risk

#### If your child:

- Cried immediately (after head injury) but returns to their normal behaviour in a short time
- Is alert and interacts with you
- Has not been unconscious / "knocked out"
- Has minor bruising, swelling or cuts to their head

**ACTION:** If all the above have been met then **manage at home**.

Follow the advice overleaf or, if you are concerned, contact your GP when they are open or call 111 when your GP surgery is not open

### Amber: Intermediate Risk

#### If your child:

- Is under one year old
- Has vomited once or twice
- Has a continuous headache
- Has continued irritation or unusual behaviour
- Is under the influence of drugs or alcohol
- Has been deliberately harmed and in need of medical attention

**ACTION:** Take your child to the nearest **Hospital Emergency department** if ANY of these features are present

### Red: High Risk

#### If your child:

- Has been involved in a high speed road traffic accident or fallen from a height over 1 metre or been hit by a high speed object or involved in a diving accident
- Has been unconscious / "knocked out" at any time
- Is sleepy and you cannot wake them
- Has a convulsion or a fit
- Has neck pain
- Has difficulty speaking or understanding what you are saying
- Has weakness in their arms and legs or are losing their balance
- Cannot remember events around or before the accident
- Has had clear or bloody fluid dribbling from their nose, ears or both since the injury
- Has 3 or more separate bouts of vomiting

**ACTION: Phone 999** for an ambulance if ANY of these symptoms are present