

# Head Injury Advice Sheet

## How is your child?



### 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 to the nearest Accident and Emergency Department



### Amber

- Has been deliberately harmed (abused)
- Has fallen from a height greater than the child’s own height
- Has fallen from a height greater than a meter or a yard
- Is under 1 year old
- Has 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
- Has consumed alcohol

### You need to contact a doctor or nurse today

please ring your GP surgery or call NHS 111 – dial 111



### Green

- Has not been “knocked out” at any time
- Is alert and interacts with you
- Has been sick but only once
- Has bruising or minor cuts to the head
- Cried immediately but is otherwise normal

### Self Care

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

## Some useful phone numbers and information



**GP Surgery**  
(make a note of number here)

**NHS 111**  
**dial 111**

available 24 hours  
7 days a week

Shropshire Walk-in Centre  
Located next to A&E at  
Royal Shrewsbury Hospital  
Open from 8am to 8pm,  
7 days a week  
including bank holidays

For online health condition advice visit: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

All advice sheets can be found on Shropshire CCG Website; <http://www.shropshireccg.nhs.uk/>  
All advice sheets can be found on Telford and Wrekin CCG Website; <https://www.telfordccg.nhs.uk/>

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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.

