

HEAD INJURY

Today at _____ (am/pm) your child _____ sustained a head injury.

This occurred whilst _____

At _____ (am/pm) he/she has the following symptoms present _____

This leaflet will inform you of common symptoms, things to look out for and general advice.

Common Symptoms following a head injury

- Mild headache
- Tiredness and poor sleep
- Dizziness
- Poor concentration
- Short term memory loss
- Irritability or being easily annoyed.

These are all to be expected and should improve with time. Headaches can be treated with pain killers such as Paracetamol.

Things to look out for

- Severe or increasing headache
- Vomiting more than twice
- Persistent sleepiness or hard to wake
- Increasing irritability or confusion
- Double vision
- Slurred speech
- Seizures – Dial 999

If your child complains of, or displays, any of these symptoms or you are worried in any way, please contact 111 or your nearest Emergency Department.

It is safe to allow your child to sleep; however, you may be reassured by the ability to rouse them every couple of hours. Do not confuse normal sleep with unconsciousness. If you find you are unable to wake your child then dial 999 for an ambulance stating you have an unconscious child following a head injury.