

Care of your child

- Rest
- Limit time spent watching TV and on computer
- No contact sports for three weeks (two weeks of complete rest and one week for a phased return), or longer if symptoms are ongoing
- Return to school or nursery activities when fully recovered (eg riding a bike, swimming)
- **Seek a review with your GP if the symptoms persist after two weeks**

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.uk**



Large
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West Hertfordshire
Teaching Hospitals
NHS Trust



A guide to...

Head Injury and Concussion *Patient Information*

Children's Emergency Department (CED)
Watford General Hospital



Caring for your child following a head injury

Following the assessment/observation of your child we are reassured that they appear well and you can therefore continue further observation at home.

We advise you/or a responsible adult to observe your child over the **next 48 hours** for any of the symptoms below and request that you to return to CED for a further review if they develop any 'Red Flag' symptoms (worrying symptoms), or you are concerned they are unwell.

RED FLAG symptoms

- Drowsy or unable to rouse from sleep
- More than three episodes of vomiting, at least 15 minutes apart
- Altered behaviour:
 - Loss of concentration
 - Confusion or disorientation
 - Problems understanding, speaking, reading or writing
 - Agitation
 - Irritability (continuous crying and unable to settle with comfort or distraction)
- Severe or worsening headache
- Visual disturbance or hearing loss
- Clear fluid or blood loss from ears
- Clear fluid loss from nose
- Amnesia (memory loss)
- General weakness, problems with balance or walking
- Seizures or any abnormal movements.

Care of your child

- Allow your child to rest. If sleeping, check on them after an hour and then intermittently to ensure they are easily rousable. It is fine for them to go back to sleep.
- Encourage regular fluids, particularly if they do not want to eat.
- Give paracetamol or ibuprofen if they have pain (give dose as per bottle instructions).
- Your child can return to school/nursery and sports when they have fully recovered back to their usual self.

Return to CED immediately if any Red Flag symptoms develop or if you are concerned.

Please note: In rare cases symptoms may be delayed so keep this advice leaflet for reference and attend A&E if your child develops any Red Flag symptoms in the days following their head injury.

Concussion

Concussion is a **mild** injury to your brain that can occur following a minor head injury. The impact to your head can lead to some of the symptoms below which ultimately resolve without intervention. Concussion commonly lasts for a few days. However, rarely some patients can continue to have these symptoms for up to three months.

Symptoms

- Headache
- Nausea
- Dizziness
- Double/blurred vision
- Short term memory loss
- Sensitivity to light or sound
- Change in sleep pattern
- Change in appetite.