

# Head Injury

## Health Centre Factsheet



BUNBURY CATHEDRAL GRAMMAR SCHOOL

### Home care

Get your child to:

- Be with a responsible adult for the next 24 hours. Try to get them to rest quietly for the day.
- Sleep if tired but ensure you can easily wake them when you would normally expect them to wake.
- Apply ice packs to swollen or sore areas, if they let you.
- Administer simple analgesia (paracetamol) if needed for a headache. Check packaging for correct dose.

### What to expect

Most children recover quickly and fully from their accident with no long-term problems. Over the next couple of days they may experience mild headaches, feeling sick without vomiting, dizziness, irritability, tiredness, problems with concentration or memory, lack of appetite and problems sleeping. If they are not completely better within a few days, or you are concerned, see your doctor.

### When to seek further treatment

- Follow up with your GP if symptoms do not clear after two weeks.

### Attend to the Emergency Department if your child

- Has worsening, painful headache that won't go away with simple painkillers.
- Has vomiting that is getting worse (more than five times).
- Suffers from loss of consciousness or 'blacking out'.
- Has unusual difficulty staying awake for longer than one hour when they would normally be awake.
- Is unable to be woken easily.
- Becomes confused (doesn't know where they are, gets things muddled up).
- Has problems understanding or speaking.
- Has problems with eyesight, balance or walking.
- Has fits or spasms.
- Has blood or clear fluid coming out of their nose or ear/s.
- Has new deafness in one or both ears.
- Becomes dizzy.
- Suffers from pins and needles, or weakness in their arms or legs.

### Prevention

- Always use safety equipment during activities that could result in a head injury.

