

# Head Injury Advice for parents & carers



# Kimbolton School

**IF YOU ARE CONCERNED ABOUT A PERSON WHO HAS A HEAD INJURY, PHONE 111, YOUR GP OR A&E. IF YOU DO NOT FEEL IT IS SAFE TO TAKE THEM TO HOSPITAL YOURSELF, PHONE FOR AN AMBULANCE.**

**If your child has any of the following during the next 48 hours:**

- Vomits repeatedly i.e. more than twice (at least 10 minutes apart)
- Becomes confused or unaware of their surroundings
- Loses consciousness, becomes drowsy or difficult to wake
- Has a convulsion or a fit
- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms, legs or starts losing their balance
- Develops problems with their eyesight
- Has clear fluid coming out of their nose or ears

**YOU NEED URGENT MEDICAL HELP.**

**Go to your nearest A&E department or phone 999**

**If your child has any of the following during the next 48 hours:**

- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- Develops a worsening headache

**YOU NEED TO CONTACT A DOCTOR OR NURSE TODAY.**

**Please ring your GP surgery or contact NHS 111**

**If your child:**

- |                                   |                            |
|-----------------------------------|----------------------------|
| ▪ Is alert and interacts with you | ▪ Struggles to concentrate |
| ▪ Vomits but only up to twice     | ▪ Lacks appetite           |
| ▪ Experiences mild headaches      | ▪ Has problems sleeping    |

**CARE CAN BE GIVEN AT HOME.**

Continue providing your child's care at home. If you are still concerned contact NHS 111.

**How to aid recovery:**

- Ensure plenty of rest initially
- It is best to avoid computer games and screens
- Do not return to school until well enough, a gradual return may be required
- Do not leave your child alone for the first 48 hours after a significant head injury
- Do not play contact sport, or strenuous activity, for at least 3 weeks following a head injury

Please refer to the NHS website for advice on caring for minor head injuries:

- <https://www.nhs.uk/conditions/head-injury-and-concussion>

Head injuries can be serious. Be alert to changes that could indicate concussion.

**IF YOUR CHILD HAS A HEAD INJURY, PLEASE INFORM THE SCHOOL NURSES AS SOON AS POSSIBLE.  
The Health Centre is open 08:00-17:00 Monday-Friday.**