

Head Injury Advice



Kimbolton School
Cambridgeshire

Do not leave your child alone for the first 48 hours after head injury.

If you are concerned about someone who has had a head injury, Contact GP/111/A&E for further advice.

If you do not feel it is safe to take them to hospital yourself, call 999 for an ambulance.

If your child experiences any of the following symptoms during the next 48 hours:

- Vomits more than twice
- Becomes confused or unaware of their surroundings
- Loses consciousness, becomes drowsy or difficult to wake
- Has a seizure, convulsion or fit
- Difficulty speaking or understanding what you are saying to them
- Weakness in arms or legs or starts to lose balance
- Develops problems with their eyesight
- Has clear fluid coming out of their ears or nose

You need urgent medical help - Go to your nearest A&E Department or phone 999

If your child experiences any of the following symptoms during the next 48 hours:

- Develops a headache which does not go away despite paracetamol
- Develops a worsening headache
- Struggles to concentrate

You need same day medical help - Contact your GP or NHS 111

If your child experiences any of the following symptoms during the next 48 hours:

- Is alert and interacts with you
- Vomits but only twice
- Experiences a mild headache
- Has sleep problems

Continue to provide care to your child at home- If you are concerned contact NHS 111

How to aid recovery:

- Ensure plenty of rest initially
- Avoid screens eg TV/mobile phone/tablet/laptop
- Do not return to school until well enough – a reduced timetable can be considered
- Do not play sports for at least three weeks following a confirmed concussion.
- Further information is available via the NHS website:
www.nhs.uk/conditions/head-injury-and-concussion/

If your child has a head injury or is diagnosed with concussion outside of school, please inform the Nursing Team as soon as possible.