

- Do not leave them alone in the first 24hrs
- Give your child liquid Paracetamol or Ibuprofen if they are in pain but please always read and follow the instructions on the medicine container. If you are unsure, ask your local pharmacist
- Observe your child closely for the next two to three days and check that they are responding to you as usual
- Make sure they have plenty of rest and avoid stressful situations
- It is OK to allow your child to sleep, but observe them regularly and check that they respond to touch and that both their breathing and position in bed is normal
- Make sure they are completely recovered before allowing them back to school
- Do not allow them to play contact sport for three weeks without speaking to your GP
- You know your child best. If you are concerned about them you should seek further advice

Find your local pharmacy at www.nhs.uk

Health Visitor:

Your GP Surgery:

NHS 111 provides advice for urgent care needs.

Please contact your GP when the surgery is open or call **NHS 111** when the GP surgery is closed.

NHS 111 is available 24 hours a day, 365 days a year. Calls from landlines and mobile phones are free.

For online advice and information
NHS Choices: www.nhs.uk

If you are worried about your child,
trust your instincts.
Contact your GP or dial NHS 111

Based on Feverish illness in children Assessment and initial management in younger than 5 years 2013 NICE clinical guideline 160

This guidance is written in the following context

This document was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, EBM data and NHS evidence, as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and / or carer.

**This was approved by Oxfordshire CCG 26th July 2017
and is to be reviewed 26th July 2018**

Head Injury

Advice for parents and carers of
children of 16 years and under



**This leaflet is to help you to care
for a child who has a bump
or injury to the head.**

Most children with a head injury can be managed at home especially if they are alert and interacting with you.

**IF YOUR CHILD IS ONE YEAR OLD
OR YOUNGER SPEAK TO YOUR GP
OR call 111**

Things you shouldn't worry about

Your child may have the following symptoms which should disappear in the next two weeks:

- Mild headache which comes and goes
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bad temper
- Problems concentrating
- Tiredness and/ or lack of appetite
- Problems sleeping

If you feel concerned about any of these symptoms in the first few days after a head injury or if they have not gone away after two weeks you should speak to your GP

What do I do if my child bumps his or her head? (traffic light advice)

It is important to make sure your child is responding as usual for the next two to three days.



RED

If your child has any of these below:

- If you are concerned your child has been deliberately harmed
- Fallen more than three metres in height (9ft)
- Has become unconscious
- Has had a convulsion or fit
- Injured their neck or spine
- Has difficulty understanding what you are saying
- Has become confused or so sleepy that you cannot wake them properly
- Has weakness in his/her arms or legs or is losing his/her balance
- Is having problems with eyesight or hearing
- Has blood or clear fluid dripping out of his/her ear, nose or both
- Is bleeding a lot from their head
- Is complaining of a severe headache
- Is vomiting regularly

YOU NEED EMERGENCY HELP CALL 999

You need to be seen at the A&E department Nearest Hospitals (open 24 hours, seven days a week):

Nearest Hospitals (open 24 hours, seven days a week):

- John Radcliffe, Oxford
- Horton, Banbury
- Royal Berkshire, Reading
- Great Western, Swindon
- Stoke Mandeville, Aylesbury

Bring your child's Red Book with you.



AMBER

If your child:

- If your child is aged one year old or younger
- Has fallen from a height greater than the child's own height
- Cannot remember events around or before the accident
- Has a blood clotting disorder
- Has consumed alcohol
- Is very irritable or has no concentration or interest in things
- Has been sick more than once (separate episodes of vomiting that have occurred at least 30 minutes after the incident)

SEEK MEDICAL ADVICE TODAY

Ring your GP surgery - Mon-Fri, 8am to 6.30pm

Your GP may want to speak to you on the phone first to give you medical advice. They will arrange to see your child if it is appropriate

All other times and bank holidays call NHS 111

Bring your child's Red Book with you.



GREEN

If your child:

- Has not become unconscious
- Is alert and interacting normally with you
- Has minor bruising or minor cuts to their head
- Cried immediately (after head injury) and is otherwise normal
- Feeling sick or has vomited only once

If you are satisfied that your child does not have any of the symptoms in the red or amber boxes, then manage your child at home following the advice on this leaflet (see overleaf under 'Looking after your child at home' and 'Things you shouldn't worry about').

SELF CARE

Using the advice on this leaflet you can care for your child at home. The main advice is to keep your child hydrated and their temperature down.

If you feel you need advice please contact your Health Visitor, GP surgery or your local pharmacy (follow the links at www.nhs.uk)

You can also call **NHS 111**