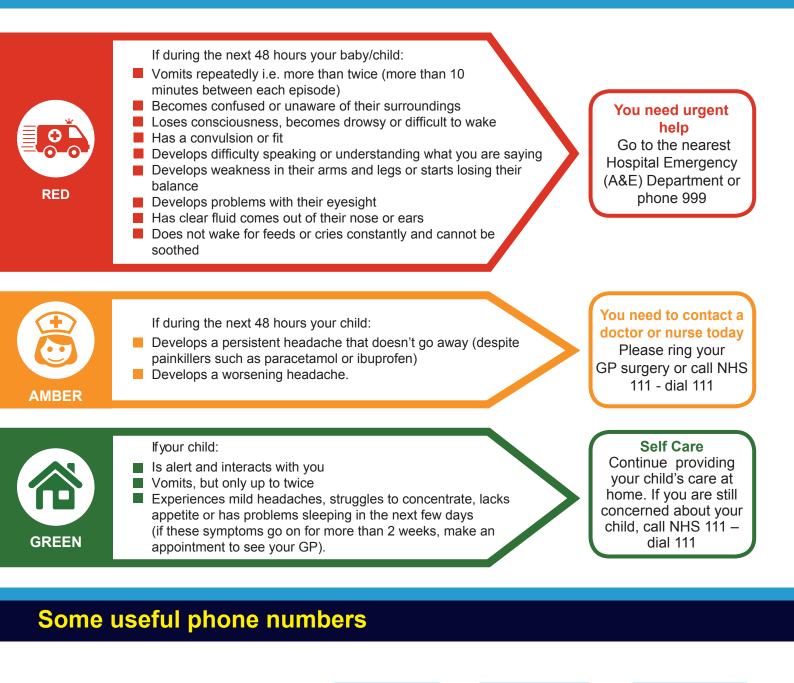
# **Head Injury Advice Sheet**

Advice for parents and carers of children







GP Surgery (make a note of number here) NHS 111 dial 111 (available 24 hrs -7 days a week)

Children's Ward

Acute Community Nursing Team

For online advice: Healthier Together www.what0-18.nhs.uk (available 24 hrs/7 days a week)

#### www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight

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### Things you shouldn't worry about

- Your child may experience various symptoms, including mild headache, feeling sick (without vomiting), dizziness, bad temper, problems concentrating, difficulty remembering things, tiredness, lack of appetite or problems sleeping these should disappear over the next 2 weeks.
- If you are very concerned about these symptoms or they last longer than 2 weeks, you should seek medical advice from your doctor.

#### Things that should help your child get better more quickly

- Ensure that they have plenty of rest and avoid stressful situations.
- Do not play any contact sport (e.g. football) for at least 1 week and then a phased return to sport by 3 weeks.
- Avoid long periods on computers, mobile phones or watching television.

## Advice about going back to nursery / school

- Don't allow your child to return to school until you feel that they have completely recovered.
- Try not to leave your child alone at home for the first 48 hours after a significant head injury.

## Long term problems

Most children recover quickly from their accident and experience no long-term problems. However, some children only develop problems after a few weeks or months. If you start to feel that things are not quite right for your child (such as memory problems, change in behaviour), please contact your doctor so that they can check to make sure that they are recovering properly.

# For further support and advice about head injuries, contact:

Headway UK 0808 800 2244 www.headway.org.uk Headway do not deal with medical enquiries.