



- Clean any wound with tap water.
- If the area is swollen or bleeding, apply pressure for 5-10 minutes. If continues to bleed, keep applying pressure or seek medical advice.
- If in pain give paracetamol or ibuprofen. Always follow the manufacturers' instructions for the correct dose and form.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- It is OK to allow your child to sleep, but observe them regularly and check they respond normally to touch and that their breathing and position in bed is normal.
- Give your child plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- Following a head injury, do NOT play ANY contact sport (for example football) for at least 3 weeks without talking to your doctor first.
- You know your child best. If you are concerned about them you should seek further advice.

**Do not worry unduly - these things are expected after a head injury and may last up to two weeks:**

- Intermittent headache especially whilst watching TV or computer games
- Being off their food or feeling sick (without vomiting)
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration

### Hospitals with Emergency Departments:

#### Royal Alexandra Children's Hospital

Eastern Road, Brighton BN2 5BE

#### Princess Royal Hospital

Lewes Road, Haywards Heath RH16 4EX

#### Surrey and Sussex Healthcare NHS Trust

East Surrey Hospital, Canada Ave, Redhill, Surrey RH1 5RH

#### Western Sussex Hospitals NHS Foundation Trust

including:

St Richards Hospital, Spitalfield Lane, Chichester PO19 6SE

Worthing Hospital, Lyndhurst Rd, Worthing BN11 2DH

### Minor Injuries Units (MIU) or Urgent Care Centres

#### Bognor Regis War Memorial Hospital - Minor Injuries

Unit, Shripney Road, Bognor Regis, PO22 9PP

Open 9am- 5pm, Monday – Friday (excluding bank holidays)

#### Crawley Urgent Treatment Centre

Crawley Hospital, West Green Drive, Crawley RH11 7DH

Open 24 hours, 7 days a week

#### Horsham Minor Injuries Unit

Horsham Hospital, Hurst Rd, Horsham RH12 2DR

Open 9am- 5pm, Monday – Friday (excluding bank holidays)

#### Queen Victoria Hospital Minor Injuries Unit (MIU), East Grinstead

Holtye Road, East Grinstead RH19 3DZ

Open 8am- 10pm, 7 days a week

#### West Sussex - Family Information Service

Tel: 01243 777807 [www.westsussex.gov.uk/family](http://www.westsussex.gov.uk/family)

For more copies of this document, for more information and to feedback, please email us:

Chichester/Worthing area: [contactus.coastal@nhs.net](mailto:contactus.coastal@nhs.net)

Crawley area: [CCCG.contactus-crawleyccg@nhs.net](mailto:CCCG.contactus-crawleyccg@nhs.net)

Horsham/Mid Sussex area:

[HSCCG.contactus-horshamandmidsussexccg@nhs.net](mailto:HSCCG.contactus-horshamandmidsussexccg@nhs.net)



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# Head Injury in Children and Young People

**2014 UPDATED**

**Advice for Parents and Carers**

Child/Young Person's Name .....

Advice Given By .....

Location of Injury .....

Date ..... Time .....

# Head Injury - Advice for Parents and Carers

This leaflet is to help to advise on how best to care for a child who has a bump / injury to the head. Please use the "Caring for your child at home" advice section (see overleaf) and the traffic light advice below to help you. **Most children can be managed according to the green guidance below especially if they are alert and interacting with you. It is important to watch the child for the next 2-3 days to ensure that they are responding to you as usual.**

## Traffic light advice:

### Green: Low Risk

#### If your child:

- Cried immediately (after head injury) but returns to their normal behaviour in a short time
- Is alert and interacts with you
- Has not been unconscious / "knocked out"
- Has minor bruising, swelling or cuts to their head

**ACTION:** If all the above have been met then **manage at home**. Follow the advice overleaf or, if you are concerned, contact your GP when they are open or call 111 when your GP surgery is not open

### Amber: Intermediate Risk

#### If your child:

- Is under one year old
- Has vomited once or twice
- Has a continuous headache
- Has continued irritation or unusual behaviour
- Is under the influence of drugs or alcohol
- Has been deliberately harmed and in need of medical attention

**ACTION:** Take your child to the nearest **Hospital Emergency department** if ANY of these features are present

### Red: High Risk

#### If your child:

- Has been involved in a high speed road traffic accident or fallen from a height over 1 metre or been hit by a high speed object or involved in a diving accident
- Has been unconscious / "knocked out" at any time
- Is sleepy and you cannot wake them
- Has a convulsion or a fit
- Has neck pain
- Has difficulty speaking or understanding what you are saying
- Has weakness in their arms and legs or are losing their balance
- Cannot remember events around or before the accident
- Has had clear or bloody fluid dribbling from their nose, ears or both since the injury
- Has 3 or more separate bouts of vomiting

**ACTION: Phone 999** for an ambulance if ANY of these symptoms are present

Head wounds rarely need stitches and can normally be glued by a health professional. This can be done in Minor Injury Units or Urgent Treatment Centres and some GP practices offer a minor injuries service. To find a local service see overleaf.