

Head Injury (Child)

Emergency Department

Child Head Injury

When you get home, it is unlikely that you will have any further problems. If any of the following symptoms do occur, we suggest you get someone to bring your child to your nearest hospital emergency department as soon as possible:

- Drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be awake
- Difficulty waking the patient up
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or both arms or legs
- Painful headache that won't go away after taking simple pain killers (e.g., paracetamol)
- Vomiting (being sick) repeatedly
- Seizures, convulsions or fits
- Clear fluid coming out of your ears or nose
- Bleeding from one or both ears.

Things that will help you get better

If you follow this advice, you should get better more quickly, and it may help any symptoms you have to go away.

- Do have plenty of rest and avoid stressful situations
- Do not play any contact sport (for example, rugby or football) until you are feeling totally recovered. This may take 3 weeks
- Avoid screens such as tablets, games on phones, and video games for the first 48 - 72 hours.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

After your Assessment

You have been assessed and we think that it is alright for you to leave hospital now. We have checked your symptoms and you seem well on the road to recovery.

Things you shouldn't worry about

You may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with your memory, tiredness, lack of appetite or problems sleeping.

If you feel very concerned about any of these symptoms in the next few days after discharge, you should bring the patient to their own G.P.

If these problems do not go away after 2 weeks, take the patient to their own G.P.

Long term problems

Most people recover quickly from their accident and experience no long-term problems. However, some people do develop problems after a few weeks or months. If you start to feel things that are not quite right (for example, memory problems, not feeling yourself), then please contact your G.P. as soon as possible so that he or she can check you.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。