



DANES HILL SCHOOL
STRONG & SAGACIOUS



HEAD INJURY

ADVICE FROM THE
MEDICAL CENTRE

Whilst at school today, your child has suffered a head injury.

As a precaution you should observe your child, and if you are concerned about any of their symptoms outlined in this leaflet during the next

48 hours, you should take them to your GP or nearest Accident and Emergency Department.

Please also let the Medical Centre know so that the Nurses can arrange appropriate care in School.

Symptoms you may observe:

Your child may feel some of these symptoms over the next few days which should disappear within 2 weeks, these can include:

- A mild headache;
- Feeling sick (without vomiting);
- Dizziness;
- Irritability;
- Problems concentrating;
- Feeling tired or disturbed sleep;
- Poor appetite.

If you are concerned about any of these you should speak to your GP or local Accident and Emergency Department.

Most children recover quickly from bumping their head and do not develop any long-term problems.

Some children, however, may develop problems weeks, or even months

after the accident. If you think things are not quite right (such as continuing poor memory, or a change in behaviour) please contact your GP as soon as possible, so that your child can be assessed to see if they are recovering properly.

Things to help your child to get better:

- **Do** allow them to rest and avoid stressful situations;
- **Do** allow your child to sleep, but check they are sleeping in a normal position and rousable;
- **Do** give your child pain relief (such as Paracetamol) if they have a mild headache;
- **Do** make sure that your child avoids rough or high risk play for a few days;
- If diagnosed with concussion, **do NOT** let your child play contact sports (such as Rugby or football) for at least 3 weeks.

Seek immediate medical assistance if your child:

- Is unusually sleepy or you cannot wake him / her. It is common for a child to want to sleep after a hit to the head. Do let them. If you are concerned, wake them after an hour or so. They may be grumpy about being woken up, but that is reassuring;
- Has a headache that is persistent or is getting worse, despite having taken a painkiller
- Is unsteady walking, dizzy or has a loss of balance;
- Vomits - being sick;
- Has a fit (seizure);
- Develops any problems with their vision (such as a squint or blurred vision) or they start to see double;
- Has blood or clear fluid leaking from the nose or ear;
- Has confusion (not knowing where they are, getting things muddled up) or any problems understanding or speaking;
- Has new deafness in one or both ears;
- Has bruises behind one or both ears.

For more information, contact Danes Hill School Medical Centre on **01372 842509** or email nurse@daneshill.surrey.sch.uk