

# Head Injury Advice Sheet

Advice intended for parents/ carers taking their child home after seeking medical input



Red

### If during the next 48 hours your child:

- Vomits repeatedly i.e. more than once
- Becomes confused or unaware of their surroundings
- Loses consciousness, becomes lifeless, drowsy or difficult to wake
- Has a convulsion or fit
- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms and legs or starts losing their balance
- Develops problems with their eyesight
- Experiences new deafness in one or both ears.
- Clear fluid comes out of their nose or ears

You need urgent help  
please phone 999 or go to the nearest A+E Department



Amber

### If during the next 48 hours your child:

- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol)
- Develops a worsening headache.

You need to contact a doctor or nurse today  
please ring your GP surgery or call NHS 111 – dial 111



Green

### Your child:

- Is alert and interacts with you
- Vomits, but only once
- May experience mild headaches, may be irritable, may struggle to concentrate, may lack appetite and may have problems sleeping in the next few days.  
(If these symptoms go on for more than 2 weeks, make an appointment to see your GP).

Self Care  
Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

This guidance is written in the following context: This assessment tool was arrived at after careful consideration of the evidence available including but not exclusively NICE Guidance and NHS evidence. 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 guardian or care.