



HEAD BUMP



- Give your child liquid paracetamol or ibuprofen if they are in pain.
- Observe your child closely for the next two to three days and check that they are responding to you as usual
- It is okay to allow your child to sleep, but observe them regularly and check that they respond normally to touch and that their breathing and position in bed is normal
- Give them plenty of rest, and make sure they avoid any strenuous activity for the next two to three days or until their symptoms have settled
- You know your child best. If you are concerned about them you should seek further advice.



If your child...

- Fell more than three metres in height (9ft)
- Was knocked out
- Had a convulsion or fit
- Injured their neck or spine
- Has difficulty understanding what you are saying
- Is confused or so sleepy that you cannot wake them properly
- Has weakness in their arms or legs or is losing their balance
- Has new problems with eyesight or hearing
- Has blood or clear fluid dripping out of their ear, nose or both
- Is bleeding a lot from their head
- Has a severe headache
- Has been sick more than once

You need emergency help

Call 999 or go straight to the nearest hospital Emergency (A&E) Department. Your nearest hospitals (open 24 hours, 7 days a week):

- Frimley Park, Surrey
- Hillingdon Hospital
- John Radcliffe, Oxford
- Milton Keynes Hospital
- Royal Berkshire, Reading
- Stoke Mandeville Hospital, Aylesbury
- Wexham Park Hospital, Slough

If your child...

- Fell from a height greater than their own height
- Fell more than a metre in height (3ft)
- Has a blood clotting disorder
- Has possibly consumed alcohol or drugs
- Is very irritable
- Has no concentration or interest in things
- Is under 1 year old
- May have been deliberately harmed
- Has been sick but only once

You need to contact a nurse or doctor today

Please telephone your GP surgery or, if it is closed, call NHS 111.

If your child...

Has none of the symptoms listed in the red and amber boxes above and:

- Is alert and interacting normally with you
- Has only minor bruising or minor cuts to their head
- Cried immediately after the head injury but is otherwise acting normally
- May feel sick but has not actually been sick

Self-care

You can care for your child at home using the advice on this leaflet.

If you feel you need more advice, please contact your Health Visitor, GP Surgery or your local pharmacy.

Find links to these at www.nhs.uk

You can also call NHS 111 for advice.



RED



AMBER



GREEN