

HEAD BUMP FORM

Name of child:

Date:

Time:

Dear Parent/Carer,

During today's activities, your child sustained a minor head injury. Based on the observations of a First Aid trained member of staff, we do not believe that any further treatment or medical assessment is required at this time.

It is important, however, that you watch them for any changes and the following advice will assist you:

Please note the most common symptoms of concussion

Do:

- ◇ Allow your child to sleep if they want to, but check on them every 2 hours for the first 24 hours for a normal response.
- ◇ Keep them out of the sun.
- ◇ Give them children's paracetamol suspension in accordance with the instructions on the bottle, if you believe it necessary

It is normal for your child to:

- Feel sick
- Have mild bruising/swelling to the head
- Feel lethargic
- Have a mild headache
- Have mild dizziness

Seek medical advice if your child:

- Becomes unconscious or unrousable
- Is drowsy when they would normally be awake
- Starts to fit—makes twitchy or uncontrolled jerky movements
- Is persistently vomiting
- Cannot see as well as normal
- Is bleeding or producing clear fluid from nose/mouth/ears
- Has any other symptoms which appear unusual.

If you are at all unsure seek professional medical advice and/or call 999 and ask for an ambulance.

Concussion

MOST COMMON SYMPTOMS



Headache



Nausea or vomiting



Balance problems or lightheadedness



Temporary loss of consciousness



Double vision or blurry vision



Ringing in the ears



Sensitivity to light and noise



Feeling tired or drowsy



Changes in sleep patterns



Depression or sadness



Being irritable, nervous and anxious



Feelings of being "just not right"