

If you have been notified that your child has had a bump to the head please use the following to monitor your child:

Signs and symptoms of concussion

Signs of a concussion usually appear within a few minutes or hours of a head injury.

But occasionally they may not be obvious for a few days, so it's important to look out for any problems in the days following a head injury.

Symptoms include:

- A headache that doesn't go away or isn't relieved with painkillers
- Dizziness
- Feeling sick or vomiting
- Feeling stunned, dazed or confused
- Memory loss - they may not remember what happened before or after the injury
- Clumsiness or trouble with balance
- Unusual behaviour - they may become irritated easily or have sudden mood swings
- Changes in their vision - such as blurred vision, double vision or "seeing stars"

What to do if you think your child might have concussion

You don't usually need to get immediate medical advice if they only have mild symptoms that don't last long after a head injury, such as:

- A headache that goes away on its own or is relieved by painkillers
- Slight dizziness
- Feeling sick
- Being a bit dazed

When to go to the hospital

Go to your nearest accident and emergency (A&E) department if your child has:

- Problems with their memory
- A headache that doesn't go away
- Been vomiting since the injury
- Changes in their behaviour, such as becoming more irritable.

In these cases, they should be checked by a health professional trained in assessing head injuries.

For further information go to <https://www.nhs.uk/conditions/concussion/>