

PARENTAL  
INFORMATION

# Head injury/ concussion



You should watch out for the following signs with your child in the next 24 hours:

**1) Headaches:** It is possible that your child has slight headaches.

However, this should disappear after the administration of an adequate pain reliever in age-appropriate dosage (e.g. Panadol®).

**2) Vomiting:** Your child is possibly nauseated, but it should not vomit. If the child vomits, go to see a doctor.

**3) Behaviour:** Your child should behave as always. For instance, signs that something is not right would be confusion, irritability and not wanting to eat or drink.

**4) Fatigue:** It is possible that your child is somewhat more tired than usual. But as long as it does not vomit and is normal in its behaviour, you do not have to worry because of that. Allow the child to have some rest.

Go back to the hospital if...

... your child is confused or behaves unusually

... your child complains about severe headaches which do not disappear after the administration of a pain reliever

... your child vomits

... your child complains about weakness or numbness

... or if you are worried for any other reason

In the days after a head injury it is possible that your child complains about:

- Slight headaches
- Concentration disorder
- Fatigue
- Sleep disorders

If these symptoms do not disappear within 48 hours, you should contact your paediatrician/family doctor.

You should keep your child away from sporting activities as long as it shows such symptoms! As soon as the child complains about headaches during activities it should rest.

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