

HEAD INJURY ADVICE CARD



HEAD INJURY ADVICE CARD

Name: _____

Date of injury: _____

Minor head injury and knocks to the head are common particularly in children.

Following the injury, if the person is conscious (awake), and there is no deep cut or severe head damage, it is unusual for there to be any damage to the brain.

However, sometimes a knock to the head can cause damage to a blood vessel which may bleed next to the brain. This is uncommon, but can be serious. Symptoms may not develop for some hours, or even days, after a knock to the head. In rare cases, symptoms can develop even weeks after a head injury.

This is why this Advice Card is given to people who have had a head injury. There are symptoms to look out for following a knock to the head.

IN ANY OF THE FOLLOWING OCCURS AFTER A HEAD INJURY:

- Increasing drowsiness (the person cannot be roused)
- Worsening headache (a mild headache is normal – look out for it getting worse)
- Confusion or strange behaviour
- Two or more bouts of vomiting
- Loss of use of part of the body (eg, weakness in an arm or leg)
- Dizziness, loss of balance or convulsions
- Any visual problems such as blurring of vision or double vision.
- Blood, or clear fluid, leaking from the nose or ear
- Unusual breathing patterns

SEE A DOCTOR QUICKLY

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