



Head Injury, Child

Your infant or child has received a head injury. It does not appear serious at this time. Headaches and vomiting are common following head injury. It should be easy to awaken your child or infant from a sleep.

Symptoms that are common with a concussion and should stop within 7-10 days include:

- > Memory difficulties.
- > Dizziness.
- > Headaches.
- > Double vision.
- > Hearing difficulties.
- > Depression.
- > Tiredness.
- > Weakness.
- > Difficulty with concentration.

Monitor for these problems for the first 48 hours after going home. If these symptoms worsen, take your child immediately to your healthcare provider.

SEEK IMMEDIATE MEDICAL CARE IF:

- > Inability to wake or rouse the child easily.
- > Continued nausea and vomiting.
- > You notice dizziness or unsteadiness that is getting worse or abnormal restlessness.
- > Your child has severe, continued headaches that do not go away 4 hours after the injury.
- > Inability to move arms and legs equally on both sides.
- > There are changes in pupil sizes. The pupils are the black spots in the center of the coloured part of the eye.
- > There is clear or bloody fluid coming from the nose or ears.
- > Blurred or loss of vision.
- > Mental confusion

Call 911 if your child has a seizure, is unconscious, or you are unable to wake him or her up.

RETURN TO ATHLETICS

Your child should be re-evaluated by your healthcare provider prior to returning to playing contact sports.

✓ For more information visit:

http://www.durham.ca/departments/health/injury_prev/sportsInjury/parentResource.pdf

https://www.durham.ca/health.asp?nr=/departments/health/injury_prev/sportsInjury/concussion.htm&setFooter=/includes/health/healthFooterSportsInjury.inc

This general advice cannot cover all possible problems. If there is concern, please contact your physician, healthcare provider or the Emergency Department without delay.