

# WHARA MĀHUNGA

## HEAD INJURY

What to do next

**1 Home** (*Self Care*)  
if minor headache after injury.

**2 General Practice (GP)**  
for assessment if brief loss of consciousness or in pain.

**3 ED** (*Emergency Department*)  
if drowsy, acting strange, vomiting, can't move parts of body, blurred vision, slurred speech.



# HEAD INJURY

*Head injuries can range from mild to severe knocks to the head.*

## **What to do**

- If your child has a mild headache, take them home to rest and give them pain relief (paracetamol) if needed. Check the dosage instructions.

## **Call your general practice (GP) if:**

- they have any loss of consciousness, even if it's brief and they seem well
- they vomit once
- you are concerned about them.

## **Take your child to ED if:**

- you can't get a same-day appointment with your family doctor for the symptoms listed above
- your child is drowsy or sleepy
- they vomit more than twice
- they faint or can't wake up
- they are acting strange or confused and not making sense
- they have slurred speech or blurred vision
- they can't move parts of their body.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).