

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 (eg. paracetamol) if needed. Check the dosage instructions.

When to get help

Call your general practice (GP) if:

- they have any loss of consciousness, even if it's brief and they seem well
- they vomit more than twice
- 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 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.