

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.