

Head injury and concussion

What is head injury and concussion?

- A head injury happens when a child hits their head or an injury makes the head move very fast (spin, jolt, or shake). This can cause a concussion.
- Head injuries are very common in children.
- They can be minor or serious.

Symptoms of head injury and concussion

Symptoms are not always clear. Some symptoms happen right away but sometimes they happen over days and can last for weeks.



Headache



Vomiting



Loss of consciousness



Loss of balance



Change in sleeping



Anxiety or changes in mood



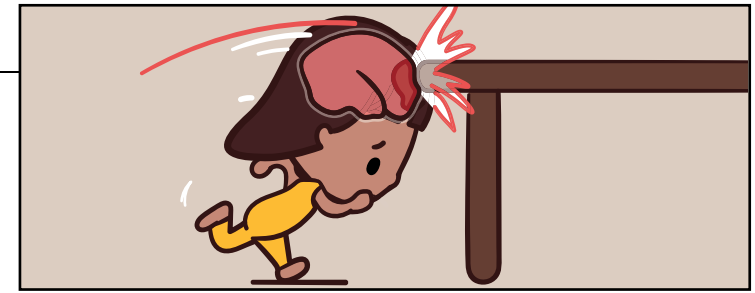
Thinking problems (confusion or memory loss)



Problems with vision or hearing



Immediate or gradual change in behaviour



Go back to the clinic if your child:



Has a seizure



Is very sleepy and cannot wake up



Cannot walk or talk properly



Is throwing up (vomiting) or not eating



Is acting different (crying or confused)



Has a constant or worsening headache



Complains of weak arms, legs or hands

How to treat head injury and concussion

- See the health-care provider if you think your child has a head injury or concussion.
- Care for the wound if there is a cut.
- Apply ice if there is swelling or a bump.
- Rest.
- Avoid sports, bright lights and video games (electronic devices) until a health-care provider says it is OK.

For more information, contact your health-care provider.