



Bolton College Early Years & Pre-School Centre Head Injury information

After a head injury, we advise that your child relaxes and does some quiet activities and avoids rough and tumble play or sports for some time, until they are presenting as they usually do. If you are unhappy with how your child is presenting or your child shows any of the following signs or symptoms call your doctor or take your child to your local Accident and Emergency Hospital.

- x Seeing stars and feeling dazed, dizzy or light headed
- x Trouble remembering things, such as what happened directly before and after the injury occurred, (this can happen with mild concussion)
- x Nausea or vomiting
- x Headaches
- x Blurred vision and sensitivity to light
- x Slurred speech or saying things that don't make sense
- x Difficulty concentrating, thinking or making decisions
- x Difficulty with coordination or balance (such as being able to catch a ball or other easy tasks)
- x Feeling anxious or irritable for no apparent reason
- x Feeling overly tired

If you suspect a concussion, call your child's doctor or NHS on 111 for further instructions or 999 if you think you need an Ambulance.