

Head injury

Your child may have had the following symptoms and/or signs after hitting their head:

- Tiredness and/or lethargy
- Been pale
- Felt dizzy
- Experienced nausea and/or vomiting
- Behaved strangely

We didn't find anything of concern when examining your child and have therefore determined that it is safe for your child to go home.

It is important that your child gets lots of rest until their symptoms have subsided, so they shouldn't go to childcare or school until they have been symptom free for 24 hours.

It can take a few days for this to happen. Your child should avoid activities that require a lot of concentration until they have been symptom free for 24 hours.

Activities that require a lot of concentration are things like:

- Phones
- iPads
- TV
- Other computer games
- Homework

Children's emergency department

Written and reviewed by Dr Johanna Röntfors,
consultant pediatric surgeon



Your child should also avoid sport, physical education at school or other activities that could result in another head injury for at least a week after they have returned to normal/are symptom free.

If your child develops the following symptoms within the next week, you should come to the emergency department at Drottning Silvias barnsjukhus (Queen Silvia's Children's Hospital):

- **Persistent headache that doesn't improve with paracetamol**
- **Lethargy**
- **Vomiting without obvious cause**
- **Changes in personality**

Some children develop long term symptoms after a head injury and need help to be able to regain lost abilities. Signs that this is the case is if a child, a month after the injury, still has a headache, is restless or uncoordinated , feels dizzy, has a hard time concentrating, is easily tired or needs more sleep than normal.

Should your child experience these, more long-term consequences, you should contact your pediatrician or general practitioner/primary healthcare centre (*vårdcentralen*).



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