

## Head injury / concussion

### Patient information

A head injury is often accompanied by a concussion. Since this can never be ruled out with complete certainty, you should pay attention to the following in the days following the incident:

#### Babies 0-12 months

##### Rules of conduct:

- Protect the child from strong sunlight.
- Ensure a quiet environment.

If you notice any of the following signs, you should contact your pediatrician or the emergency department of the UKBB:

- unquenchable crying that does not improve with attempts to calm down.
- restlessness or slight pain that does not improve with painkillers.
- Increased gurgling/spitting or vomiting 3 times within 24 hours after the fall or head impact.
- sleep phases that last longer than you are used to from your child.
- the child is clearly less alert, sleepy and does not wake up properly.
- the child no longer reports to mealtime independently.

#### Children from 12 months

##### Rules of conduct:

- Plan adequate rest periods into daily routine, as there may be an increased need for sleep.
- Your child should take it easy physically as long as he or she shows the signs listed below. As soon as he complains of headaches during activities, he should rest.
- Cell phone, television and computer use should be kept to a minimum during the first few days.
- Protect your child from strong sunlight and noise.
- Give the child only easily digestible food during the first few days.
- Mild concentration and memory problems may occur after a fall, so send your child to daycare or school only when he or she feels well.

If you notice the following signs, you should contact your pediatrician or the emergency department of the UKBB:

- Mild or persistent headache that does not get better 1 hour after taking a pain reliever.
- Dizziness and unsteadiness when walking.
- Vomiting more than 3 times within 24 hours after the fall or head impact.
- Increasing and/or marked drowsiness.
- Increasing confusion, drowsiness, or increasingly slowed reaction time.
- Neck pain that does not improve with warmth or 1 hour after taking a pain reliever.
- Weakness and numbness in arms and legs.

**If you have any questions, contact your pediatrician or call the HelpLine at 0900 712712 (landline 3.23 CHF/min) or 0900 712713 (mobile 3.12 CHF/min).**