

Head bumps - when should you worry?

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

If your child:

Is alert and interacts with you

Vomits, but only up to twice

Experiences mild headaches, struggles to concentrate, lacks appetite or has problems sleeping - if you are very concerned about these symptoms or they go on for more than 2 months, make an appointment to see your GP.

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

If your child has any of the following during the next 48 hours:

Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)

Develops a worsening headache

You need urgent help.

Go to the nearest Hospital Emergency (A&E) Department or phone 999

If your child has any of the following during the next 48 hours:

Vomits repeatedly i.e. more than twice (at least 10 minutes between each vomit)

Becomes confused or unaware of their surroundings

Loses consciousness, becomes drowsy or difficult to wake

Has a convulsion or fit

Develops difficulty speaking or understanding what you are saying

Develops weakness in their arms and legs or starts losing their balance

Develops problems with their eyesight

Has clear fluid coming out of their nose or ears

Does not wake for feeds or cries constantly and cannot be soothed