



Head Bump Advice

Your child bumped their head in school today and was treated in line with our First Aid Policy.

Symptoms of head bumps:

- Brief loss of consciousness
- Memory loss
- Confusion
- Drowsiness or feeling sluggish
- Dizziness
- Double or blurred vision
- Headache
- Nausea

When to seek further advice

Mild pain and discomfort should be treated with Calpol and rest. If your child displays any of the following signs or symptoms, consider taking them to their GP or nearest Accident & Emergency Department:

- Unconsciousness or semi-consciousness;
- Drowsiness when they would normally be wide awake;
- Mental confusion such as forgetting their name;
- Any problems with understanding or speaking;
- Any loss of balance or ability to walk;
- Any weakness in their limbs;
- Any problems with eyesight;
- A painful headache that won't go away;
- Vomiting;
- A fit or seizure;
- Clear fluids or blood coming from ears or nose.

Bumps & knocks are very common in the course of daily life in a primary school. The advice above may appear alarming but the vast majority of bumps are minor and lead to no further symptoms.