

Out of School Club Head Injury Notification

Dear Parent or Carer,

..... bumped his/her head at the club today.

Today's date:

Time that the injury occurred:

Approximate location of bump:

Although your child seems well at the moment, in any case of head injury the condition of the child may become more serious at any time, particularly in the first 48 hours. You should therefore keep watch for any of the following signs which may be important:

- Increasing drowsiness or actual unconsciousness which can be detected by you being unable to rouse the child
- A headache which becomes more severe
- Repeated vomiting or nausea
- Dizziness
- Any weakness of arm or leg
- Disturbed vision (eg loss of focus/double vision)
- Sensitivity to bright light
- Any change in the child's condition which you are not satisfied with, such as restlessness, irritability, loss of concentration, increasing loss of memory.

If you notice any of these signs there is no need for alarm but you must **seek medical advice AT ONCE**. Contact your GP or seek help from your local Accident and Emergency Department.