

## Brain concussion in children

### Instructions to the parents/ guardian

Brain concussion is a short-lived loss of brain function due to head trauma that resolves spontaneously. With concussion, function may be interrupted but there is no permanent damage to the brain. This may be caused by for example falling and hitting the head or any other head trauma.

Symptoms are for example; headache, dizziness, nausea, fatigue.

In mild cases, an observation at home is enough.

During the first night it is very important to awake the child a number of times in the night to check that they are feeling well. Be sure to awake the child fully. This is done so that any disruptions in consciousness can be detected.

If it is difficult to awake the child or symptoms get worse, contact the emergency care unit (06) 323 1311

The child can eat, drink and play normally.

The child does not need to just lie on the bed.

Give painkillers if needed.

It's good if the child stays home the day after the concussion.