

Head injuries can be serious but people only need to go to hospital if there are signs the brain could be affected. Check the traffic light list for signs that they should go straight to hospital, rest and observe, or carry on with their day.



Have they

- been knocked out, if only for a few seconds?
- vomited more than once?
- had a headache lasting more than two hours, even after pain relief?
- started behaving, moving or speaking differently?

Stop and take them to hospital or call 999 straight away.



Do they

- feel sick or queasy?
- have a brief headache?
- have a bruise or a bump on the head?

Encourage them to rest (or sleep if it's their bedtime) and keep an eye on them for 24 hours.



Are they showing none of the signs above?

They can go on with their day but keep an eye on them for 24 hours in case any of the signs from the red and amber sections develop.
