



**nurse
anna**

Knocks, bumps and head injury

“We all bump our head from time to time although we don’t always damage the brain.

The skull is very strong and Cerebro Spinal Fluid (CSF) keeps the brain well-cushioned. You don’t need to go to hospital every time you bang your head.

You should go to hospital though if you experience any of the following:

- Dizziness
- Headache
- Bleeding from the nose or ears
- Have a water like substance (CSF) coming from your nose
- If your vision is blurred or you can’t see properly
- You feel very sick or start vomiting
- If you are knocked unconscious. To someone else it may appear that you have fallen asleep and they can’t wake you up.

You should try not to go to sleep for a few hours after hurting your head in case you become unconscious after falling asleep.

Always tell someone when you hurt your head so that they can keep a close eye on you.

If you are in doubt, go to hospital. You won’t get into trouble for going if there turns out to be nothing wrong with you.

Remember that most of the time banging your head is nothing to worry about but always ask someone if you are at all unsure.“

