

## Operation Ouch- Head injury

Hello. Hi.

Hello!

What? Did you throw that?

Head injury alert.

Whoops. Nope, it wasn't (...wasn't) me.

Well, it hurt anyway.

Xand, I think you're going to need these.

Frozen peas?

Peas can help.

Head injuries are very common but it's important to remember they are only very rarely serious.

If you knock your head and you get a lump or a swelling, place a bag of peas or ice cubes on it, but don't forget to wrap them in a towel, first.

That's right.

And if your head is bleeding, you can just get a clean cloth and apply pressure to the cut for 10 minutes or until the bleeding stops.

Now if the cut is really deep, or really long, or if it really won't stop bleeding, then you do need to seek medical attention.

Vomiting once or twice after a head injury might not be serious. But if the vomiting continues, you really should seek medical attention.

You might also be worried about going to sleep. Well, don't worry about that. It's common to feel a bit drowsy after a head injury. Your parent or guardian should try and wake you just so that you stir about once an hour to make sure you're okay.

Grown up alert!

Now, grownups, listen up.

If your child doesn't stir, or you can't wake them up, or they're persistently drowsy upon waking, then you do need to seek medical attention.

Here you go, Xand.

Thank you very much.

As if you needed an excuse for a nap.

Don't forget Mr Grumbles.

Thank you.

Pillow, check.

Mr Grumbles, check.

It's nap time for Dr Xand.

Remember, if you're ever concerned, dial 111 for medical advice, or call 999 in an emergency.