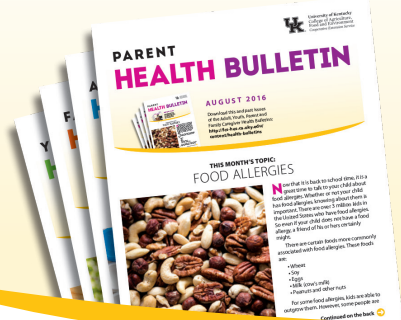


PARENT HEALTH BULLETIN



MARCH 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: BRAIN INJURY AWARENESS



For more than three decades, the Brain Injury Association of America (BIAA) has observed Brain Injury Awareness Month in March of every year.

Fortunately, most childhood falls or blows to the head cause injury to the scalp only. While these can look scary, they usually are not dangerous. An internal head injury could be more serious because it might cause bleeding or bruising of the brain.

Symptoms and courses of action

It can be hard to know how serious a head injury is, so it is always wise to call your doctor if your child shows any of these symptoms after a head injury.

Continued on the back →



Kids should always wear proper headgear and safety equipment when playing contact sports, biking, skating, skateboarding, etc.

➔ Continued from page 1

- Unconsciousness for more than a few seconds: Do your best to keep your child calm and still. If they remain unconscious, do not try to move your child in case there is a neck or spine injury. Call for help.
- Abnormal breathing
- Vomiting
- Headaches, specifically getting worse over time
- Problems concentrating, thinking, or making decisions.
- An obvious serious wound: Do not attempt to cleanse the wound, which can make bleeding worse and/or cause serious complications if the skull is fractured. Do not remove any object that's stuck in the wound.
- Bleeding or clear fluid from the nose, ears, or mouth: If there is bleeding, apply a clean or sterile bandage. Do not apply direct pressure to the wound if you suspect the skull is fractured.
- Disturbance of speech or vision: Blurred vision and sensitivity to light; "seeing stars" and feeling dazed, dizzy, or lightheaded; slurred speech or saying things that don't make sense
- Pupils of unequal size
- Weakness or paralysis
- Neck pain or stiffness
- Seizure: Turn a child who is vomiting or having a seizure onto his or her side while trying to keep the head and neck straight. This will help prevent choking and provide protection in case of neck and spine injury.

If you suspect a concussion, call your doctor right away.

Preventing head injuries

- Make sure kids always wear their seatbelts or secure them properly in a child safety seat.
- Always have kids wear the proper headgear and safety equipment when playing contact sports, biking, skating, skateboarding, snowboarding or skiing.



- Your child should take it easy after a head injury, especially if there is a concussion, to give the brain time to completely heal.

RESOURCES

- <https://www.biausa.org/public-affairs/public-awareness/news/march-is-brain-injury-awareness-month>
- <https://bianj.org/what-is-brain-injury>
- <https://kidshealth.org/en/parents/head-injury.html#catteeth>

PARENT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

