

ENG

# Concussion

Preschool and school children

Holbæk Sygehus, Akutafdelingen



Holbæk Sygehus  
Akutafdelingen  
Smedelundsgade 60  
4300 Holbæk

E-mail: [hol-akut@regionsjaelland.dk](mailto:hol-akut@regionsjaelland.dk)

Afdelingstelefon: 59 48 38 00

Skadetelefonen: 1818

[www.holbaeksygehus.dk/afdelinger/akutafdeling](http://www.holbaeksygehus.dk/afdelinger/akutafdeling)

No. 8, June 2023

A concussion is an impact on the brain that can occur in several ways, either from a direct blow to the head or face, neck, or even throughout the body where force is transferred to the head.

There are different degrees of symptom experience with a concussion. Most children recover within a few days, but for some children, symptoms may last for several weeks before they completely disappear. If your child does not improve within 7-10 days, you should contact your own doctor.

### **Common Symptoms**

When your child has a concussion, the most common symptoms are:

- Headache
- Dizziness
- Fatigue
- Nausea and vomiting
- Sensitivity to light/sound
- Difficulty concentrating
- Sadness and increased emotional sensitivity
- Irritability

The symptoms can occur immediately after the concussion or gradually during the initial period and can trigger or exacerbate each other. It is normal for symptoms to vary in intensity and duration, for example, in connection with returning to daycare/school, sports, and social activities.

### **Symptoms to watch out for in the first few days**

You have been discharged from the Emergency Department for further observation at home.

It is important that you or another adult keep an eye on your child for the first 24 hours. There may be a need to wake your child up during the first night, but this should be assessed by a doctor.

If your child experiences one or more of the following conditions, you should immediately call Skadetelefonen (Injury Helpline) at 1818 or emergency number 112:

- Loss of consciousness or blackouts
- Constant severe headache
- Persistent severe vomiting
- Visual disturbances
- Incoherent speech or strange behaviour
- Leaking fluid or blood from the ears or nose

For children aged 0-3 years, it may be more difficult to assess their condition. Therefore, be aware if they react differently to contact, touch, sounds, crying, and possibly refuse food and drink.

### **The first 48 hours**

First and foremost, allow your child to sleep as much as they need. It is during sleep that the brain has the best conditions for recovery.

This is when the brain, roughly speaking, restores itself. Try to maintain a regular sleep routine with familiar sleep rituals, and ensure that your child takes breaks during the day and gets rest from external influences such as loud noises.

### **Headache**

A headache is the body's signal that you have actually done more than the brain could handle. If you give your child pain medication, you block the signal and risk pushing the body and brain further than what is good. Therefore, we recommend avoiding giving your child pain medication.

### **After 48 hours**

Your child can gradually resume normal activities, but with breaks along the way — even if your child still has symptoms. Start with regular activities at home and then gradually allow your child to return to daycare/nursery/school, sports, and social activities. Your child can slowly start using a screen.

It is a good idea to inform your social circle about your child's challenges so they can also support the child. If your child plays sports or engages in very rough play, where there is a particularly increased risk of hitting the head again, wait until

the symptoms have completely subsided.

### **Balance between activity and rest**

It is important that your child be gradually exposed to more or more demanding situations, such as in daycare/school, but with breaks to find a good balance. If your child's symptoms worsen, it may be a sign that they have done too much, and you should temporarily reduce the activity level and incorporate more breaks, such as listening to audiobooks or calm music, engaging in creative activities, playing games, or going for walks.

### **Returning to daycare/school**

If your child is symptom-free, they can return, but continue to be mindful of the return of symptoms.

If your child is not symptom-free, you should discuss a plan with the daycare/school for a gradual return.

### **Questions**

You are welcome to contact Skadetelefonen at 1818 or your own doctor if you have any doubts or questions regarding the treatment.