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Headway + **Fosters Solicitors**
Norfolk & Waveney's Brain Injury Charity

Fosters Solicitors proudly support
The Headway Norfolk and Waveney
Concussion Awareness Campaign.

Headway is a brain injury charity that
supports people with acquired brain injuries;
helping them to gain confidence, overcome
challenges and maximise independence.

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🌐 www.headway-nw.org.uk

Scan this QR code
to find out more
about recovery from
concussion and free
resources on offer.



HEAD INJURY ADVICE

FOR ADULTS



HEAD INJURY SYMPTOMS ADULTS

Common Head Injury Symptoms

- Mild headache.
- Feeling sick (without vomiting).
- Light or noise sensitivity.
- Dizziness.
- Irritability or bad temper.
- Problems concentrating.
- Problems with your memory.
- Tiredness.
- Lack of appetite.
- Problems sleeping.

For most people, these symptoms will start to improve **after a few days**.

However, if symptoms last for more than **2 weeks**, you should arrange to see your own GP.

Severe Head Injury Symptoms

If the affected person experiences **any** of the following symptoms, then please **seek urgent medical help** by visiting your nearest Emergency Department or calling **999**:

- Unconsciousness, or lack of full consciousness.
- Drowsiness (feeling sleepy) lasting longer than 1 hour.
- Problems understanding or speaking.
- Loss of balance or problems walking.
- Weakness in 1 or both arms or legs.
- Problems with eyesight or hearing.
- Painful headache that won't stop.
- Vomiting (being sick).
- Seizures.
- Clear fluid from your ear or nose.
- Bleeding from one or both ears.
- Hearing loss.

Keep reading for details on the **DOs** and **DON'Ts** of recovery



The Headway Norfolk and Waveney Concussion
Awareness Campaign is proudly supported by **Fosters
Solicitors**; trusted legal advisors for head injury cases.

Headway
Norfolk & Waveney's Brain Injury Charity
+
Fosters Solicitors



RECOVERY GUIDANCE

ADULTS

Recovering from a **head injury** is different for everyone. Following this advice may **speed up your recovery** and **keep you safe**:

DO...



...stay with someone over the next 24 hours if possible.



...have plenty of rest from using screens and performing physical and mentally challenging tasks, for 24 hours.



...avoid stressful situations and long periods of concentration.



...take paracetamol if you have a headache and drink plenty of fluids.



DON'T...



...drink any alcohol until your symptoms have gone away.



...take any medication that might alter your consciousness for at least 24 hours.



...drive any vehicles until you have fully recovered.



ACTIVITY GUIDANCE

ADULTS

Progression to a less severe stage should take **at least 24 hours**. Any worsening of symptoms and you should **go down a stage**:

NO SYMPTOMS (FOR 48 HOURS)

RETURN TO REGULAR ACTIVITIES

- Return to regular activities including education and work.
- If you experience any common symptoms, we recommend that you avoid any contact sports for at least 4 weeks following your injury.

SLOW DOWN & REST

- Return to short periods of regular activities that do not put you at risk of a head injury.
- Speak to work or school/college about a phased (gradual) return - such as working fewer weekly hours, a reduced workload or modified activities if required. Progress gradually until a full return is made.
- Return to gradual exercise/non-contact sports that do not worsen symptoms.
- Proceed to green signal if symptoms go away.

COMMON SYMPTOMS

SEVERE SYMPTOMS

STOP & SEEK HELP

- Seek medical attention at nearest A&E department.
- Do not return to work, study, sport or driving.
- Proceed to amber signal if symptoms and their severity lessen.