



Minor Injuries

First Aid and Emergencies: Call 911 if your child

- **Is not breathing**
- **Lost consciousness**
- **Had a seizure**
- **Is hard to wake up**
- **Is slurring speech or acting confused**
- **Wobbles when walking**
- **Has weak arms or legs**
- **Cannot move his neck as usual**
- **Keeps bleeding**

Minor head injuries in young children are scary. And although the wounds are usually small, some head injuries need immediate medical care.

Call Doctor If:

You think the injury is serious or if your child:

- Is younger than 1
- Has neck pain
- Keeps crying
- Needs stitches for a wide open wound
- Has a big dent in the skull or a lot of swelling
- Vomited several times
- Is not crying but has clear fluid coming from the ear or nose
- Has blurry vision
- Has a bad headache
- Has memory loss
- Fell from a height greater than three feet
- Was struck in the head by an object travelling at a high speed

1. Care for a Minor Scalp Wound

- Wash the area with mild soap and water.
- To stop bleeding, use a sterile cloth and apply pressure for 10 minutes.
- Ice the area for 20 minutes using ice wrapped in a towel or cloth. Ice the area again after an hour to reduce swelling and pain.

2. Watch the Child

- Keep an eye on your child for 2 hours. Pay attention to how he walks and talks. Look for changes from his normal behavior. Watch for any signs listed above that indicate you should call the doctor.
- Wake the child up and see how he is walking and talking.
- Give the child only clear liquids.

3. Treat Symptoms

- If your child is acting normally after 2 hours, give children's-formula ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) to relieve pain, if needed.
- Continue to watch your child for signs of a more serious injury for 24 hours. It is okay to let your child go to sleep, but you may want to check on him every few hours to make sure he is breathing normally.

**For more information about this subject please check:
The Center for Disease Control at www.cdc.gov/
The American Association of Pediatrics at www.aap.org
Healthy Children at healthychildren.org**