

## Quick response to severe head injury

Head injuries can vary in severity, ranging from mild concussions to severe traumatic brain injuries. These injuries often result from road accidents, falls, sports-related incidents, or assaults. Symptoms include headaches, dizziness, nausea, confusion or distraction, memory loss, and passing out for a short time. In severe cases, loss of consciousness and fluid drainage from the nose or ears. Recognizing the critical need for prompt responses to head injuries is essential for ensuring the well-being of those affected.

### Guide on Do's and Don'ts when responding in various situations:

#### Do's:

- **Keep the person still:** The injured person should lie down with the head and shoulders slightly elevated. Stabilize the head and neck by placing your hands on both sides of the person's head.
- **Stop any bleeding by** firmly pressing a clean cloth on the wound, unless you suspect a skull fracture. If the injury is serious, be careful not to move the person's head.
- **Apply ice packs** to swollen areas (cover ice in a towel so it does not directly touch the skin).
- **Call 102 for an Ambulance** and seek medical help immediately

#### Don'ts:

- Wash a head wound that is deep or bleeding a lot.
- Remove any object sticking out of a wound.
- Move the person unless absolutely necessary.
- Shake the person if they seem dazed.
- Remove a helmet if you suspect a serious head injury as it can worsen the condition.

A serious head injury that involves bleeding or brain damage must be treated in a hospital immediately. **Seek medical advice and watch for symptoms of a head injury, which can show up later.**

#### To know more:

- [Emergency Contact Numbers](#)
- [First Aid for Cuts & Burns](#)

**Your Health, Your Responsibility**