

## Things you shouldn't worry about:

You may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These may include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with your memory, tiredness, lack of appetite or problems sleeping.

- If you feel very concerned about any of these symptoms in the first few days after your accident, you should go and see your own GP to talk about them.
- **If these problems do not go away after 2 weeks, you should go and see your GP.**
- **We would also recommend that you seek your GP's opinion about your ability to drive a car or motorbike.**



## Long-term problems:

Most people recover quickly from their accident and experience no long-term problems. However, some people only develop problems after a few weeks or months.

If you start to feel that things are not quite right (for example, memory problems, not feeling yourself), then please contact your GP as soon as possible so that they can check to make sure you are recovering properly.

## Things that will help you get better:

If you follow this advice you should get better more quickly, and it may help any symptoms you have to go away:

- **DO NOT** stay at home alone for the first 24 hours after your accident
- **DO** make sure you stay within easy reach of a telephone and medical help
- **DO** have plenty of rest and avoid stressful situations
- **DO NOT** take any alcohol or drugs
- **DO NOT** take sleeping pills, sedatives or tranquilisers unless they are given by a doctor
- **DO NOT** play any contact sport (for example, rugby or football) for at least 3 weeks without talking to your GP first
- **DO NOT** return to your normal school, college or work activity until you feel you have completely recovered
- **DO NOT** drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered

Information is based on that available on [www.patient.info](http://www.patient.info)



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# Head Injury Advice Sheet

Show a relative or friend this advice leaflet so they too know what symptoms to look out for.

**Motorsport  
Medics**



*Motorsport Medics is facilitated by the Scottish Motorsport Marshals Club and is supported by the Scottish Association of Motor Sports Clubs and Scottish Motor Sports.*

[www.motorsportmedics.org.uk](http://www.motorsportmedics.org.uk)



**RED**

**If you have any of the following during the next 48 hours:**

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- Confusion (not knowing where you are, getting things muddled up)
- Drowsiness (feeling sleepy) that goes on for longer than one hour when you would normally be wide awake
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or more arms or legs
- Problems with your eyesight
- Very painful headache that won't go away
- Vomiting (being sick) repeatedly, ie. more than twice
- Fits, seizures or convulsions
- Collapsing or passing out suddenly
- Clear fluid coming out of your ear or nose
- Bleeding from one or both ears
- New deafness in one or both ears

**You need urgent help**

**Go to the nearest Hospital Emergency Department or dial 999**



**AMBER**

**If you develop any of the following during the next 48 hours:**

- A persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- A worsening headache

**You need to contact a doctor or nurse today**

**Ring your GP surgery or dial 111**



**GREEN**

**If you:**

- Vomit, but only up to twice
- Experience mild headaches, struggle to concentrate, lack appetite or have problems sleeping

If you are very concerned about these symptoms or they go on for more than 2 months, make an appointment to see your GP.

**Rest! And don't worry too much**

**If you are still concerned, dial 111**