

## Head Injuries

### Types of Injuries:

- Concussion: May cause blurry vision or even loss of vision and balance for a short period of time.
- Skull fracture: Bruises or bumps on the head may be a sign of deeper internal damage.
- Cerebral Contusion: Mild bleeding within the brain that can cause swelling of the surrounding brain tissue.

### First Aid Measures:

#### Do's (√):

- Keep the injured person calm by offering constant reassurance and help them sit down.
- Place an ice pack on the injured area, for example you can use: A bag of frozen vegetables
- Closely monitor and watch for changes in the patient's behavior or level of alertness, for example: Check for responsiveness by asking the patient simple questions or by asking them to follow simple instructions.
- Stay with the patient and make sure there are no signs of bleeding.
- If the patient exhibits symptoms, such as vomiting more than twice, drowsiness, slurred speech, or blurry vision, you should contact the Red Crescent immediately.

#### Don'ts (X):

- Don't apply pressure over bleeding scalp wounds.
- Don't touch any of the patient's wounds to prevent infections.
- Don't move the patient's neck, and wait for medical assistance.

**Return to the emergency room in case of:**

- Persistent vomiting.
- Worsening headaches.
- Facing difficulties waking up from sleep.

**Clinical Health Education Department**

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