

Headache

EMERGENCY:
CALL **911** IF

- The pain is extremely severe and came on suddenly.
- You have a fever, a stiff neck, feel like vomiting or have spots on your skin.
- You have trouble speaking, vision problems (blurry or double vision), vertigo, trouble using your hands or trouble walking.
- You have suffered a head injury and are taking blood thinners.



When to seek **professional** help

- This is the first time you have a headache like this.
- The pain is preventing you from carrying out your activities, working or resting.
- Your headache persists despite taking medication.
- Your headaches are increasing in frequency or severity.

How to get help

- 24/7, dial **811**
- Call your pharmacist
- Call your CLSC
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

Headaches can interfere with your activities. The pain can sometimes be very intense.

What to do at home



Rest: Find somewhere quiet to rest. Get regular sleep. Deep breathing can also help.



Diet: Remember to drink water and to eat well.



Medication: Take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Ask your pharmacist for advice and follow instructions.



Cold: Place a cold compress on your forehead or on the back of your neck for 20 minutes.



Prevention: Stress, fatigue, drugs and alcohol can cause headaches. It's best to avoid them.



Exercise: Walk and exercise as tolerated.