

# 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](https://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.



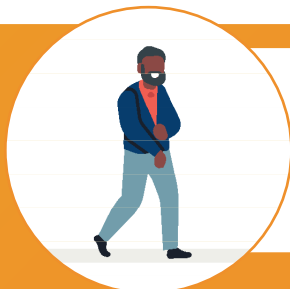
**Medication:** Take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Ask your pharmacist for advice and follow instructions.



**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.