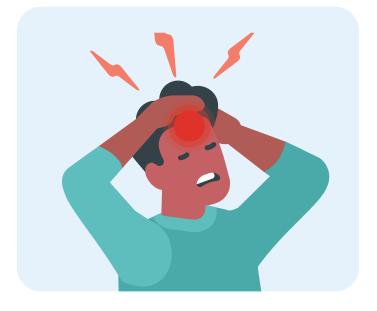
Headache



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), dizziness, trouble using your hands or difficulty 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 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.

All content available on **sante.quebec**



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: If there are no contraindications, 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.

