DO YOU HAVE MIGRAINE?



IF YOU HAVE REOCCURRING HEAD PAIN*

and you experience **one or more** of the following, the answer may be **yes**.

SENSITIVITY TO LIGHT, SMELL, & SOUND

Do bright lights and loud sounds bother you?





ANXIETY AND/OR DEPRESSION





CONGESTION / RUNNY NOSE

NAUSEA and/or

STOMACH PAIN

TEMPORARY VISION CHANGES

Do you have trouble focusing or blurred vision? Like dark spots or sparkles.





FEELS LIKE YOU HAVE THE FLU

Do you experience body aches when you are not sick?

EAR DISCOMFORT/ PRESSURE

Does it ever feel like you have water in your ear?





DIZZINESS



Do you ever search for words, trouble thinking and talking?





Do any of these apply to you? Talk to your parents about seeing a doctor.

*Not everyone with migraine has head pain. If you experience some of the above symptoms you may still want to talk to a health care professional.

HELPFUL WAYS TO COPE WITH AND MANAGE MIGRAINE



KEEP A REGULAR SLEEP SCHEDULE

Try using the sleepyti.me bedtime calculator.





TRY SUNGLASSES OR MOVE TO A DARK QUIET ENVIRONMENT

HELPFUL WAYS TO COPE WITH AND MANAGE MIGRAINE

KEEP A MIGRAINE LOG DOWNLOAD A MIGRAINE APP

Migraine Trainer from the National Institutes of Health is a great place to start.

THINK ABOUT STRESS MANAGEMENT

Try yoga and meditation. YouTube and Apps like Headspace are a good resources.



TRY GOING SCENT-FREE

TALK ABOUT YOUR MIGRAINE TO YOUR PARENTS, TEACHERS, AND DOCTORS

FRAGRANCE FREE



For more information go to MigraineAtSchool.org

HELP YOURSELF BY SPEAKING UP!

You should not have to feel alone or helpless.

Talk to your parents. They can help you get the treatment you need.

Talk to your teachers and school counselor. They need to understand what you are going through.

Ask your friends for help. They can be supportive in many ways.

Some accommodations that may be available to you:



Migraine At School is a program of the Coalition For Headache And Migraine Patients (CHAMP) along with their member organizations. To learn more about CHAMP and its members visit HeadacheMigraine.org. Printing for this program has been funded by the Danielle Byron Henry Migraine Foundation. To learn more about the foundation visit daniellefoundation.org. ©2020 Coalition For Headache And Migraine Patients. All Rights Reserved.