

# DOES YOUR STUDENT HAVE MIGRAINE?



## IF A STUDENT REPORTS HEAD PAIN\*

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

### SENSITIVITY TO LIGHT, SMELL, & SOUND

Do bright lights and loud sounds bother them?



### NAUSEA and/or STOMACH PAIN

### ANXIETY AND/OR DEPRESSION



### CONGESTION / RUNNY NOSE

### TEMPORARY VISION CHANGES

Are they having trouble focusing or have blurred vision? Like dark spots or sparkles.

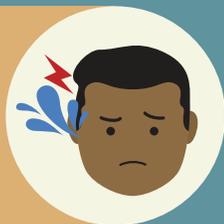


### FEELS LIKE YOU HAVE THE FLU

Are they experiencing body aches when they're not sick?

### EAR DISCOMFORT/ PRESSURE

Does it feel like they may have water in their ear?



### DIZZINESS

### BRAIN FOG

Are they having trouble finding words, trouble thinking and talking?



*Do any of these apply to your student? Talk to their parents or guardians.*

\*Not everyone with migraine has head pain. If your student experiences some of the above symptoms they may still want to talk to a health care professional.

# WHAT TO DO DURING A MIGRAINE ATTACK

## STEPS YOU CAN TAKE TO HELP YOUR STUDENT WHEN THEY ARE IN PAIN

**1**

Provide a dark quiet place to rest. Sometimes a cold pack on the head or neck can help.

**2**

Contact the parents or guardians, provide them a copy of the caregiver packet, and work with them to come up with a medication plan .

**3**

Help encourage students to manage lifestyle choices

- Less screen time
- Eating migraine healthy meals
- Staying hydrated
- Good sleep hygiene
- Manage stress - meet with a pain psychologist or other mental health professional to identify coping strategies

**4**

Be open to providing accommodations to your students with migraine. If migraine attacks persist or seem chronic, speak with the parents or guardians to come up with a medical 504 plan.

**Visit [MigraineAtSchool.org](https://MigraineAtSchool.org) to learn more**

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](https://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](https://daniellefoundation.org). ©2020 Coalition For Headache And Migraine Patients. All Rights Reserved.