

Avoiding the Emergency Room

The doctor's office is the first place to seek care for your headaches. With a few simple measures, you can be ready for a migraine attack. Use the Emergency Room only when you are having a severe attack that you can't manage with your relief medicine and you can't reach your doctor.

Have a Plan for Managing Your Migraines

- Avoid triggers that set off your migraines.
- Be aware of warning signs that a migraine may be coming on.
- Know how to use your migraine medicine.
- Always use your medicine as directed.
- Use self-care—Lie down in a dark, quiet place. Put a cold cloth on your forehead. Gently massage your scalp.

Be Ready for a Migraine

- A migraine can come at any time.
- Keep your migraine relief medicine with you at all times.
- Take your migraine relief medicine at the first sign of pain.
- Know what to do when you have a headache.
- Do not let your medicine run out.
- Know what to do if your first dose of medicine does not work.

Know When to Call Your Doctor

Call your doctor right away if...

- Your headache is much worse than usual.
- Your headache is much different than usual.
- Your medicine doesn't seem to be working when you take it as directed.
- You have unusual or severe side effects.
- You have side effects that do not go away.

My Plan:

If you are having your worst headache ever, seek a doctor's help immediately.