

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.

NOTE: Younger students may not have head pain, but will have repeat stomach aches, nausea, and vomiting.

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 to learn more

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