

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?



NAUSEA and/or STOMACH PAIN

ANXIETY AND/OR DEPRESSION



CONGESTION / RUNNY NOSE

TEMPORARY VISION CHANGES

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

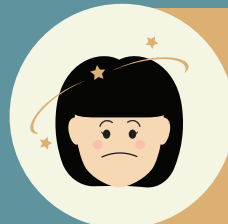


FEELS LIKE YOU HAVE THE FLU

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

BRAIN FOG

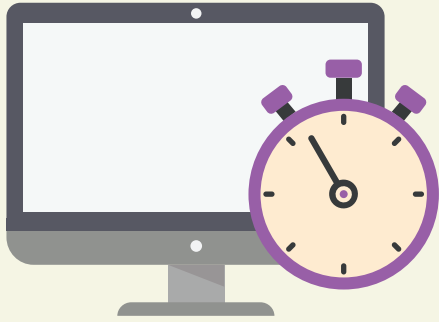
Do you ever search for words, trouble thinking and talking?



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.

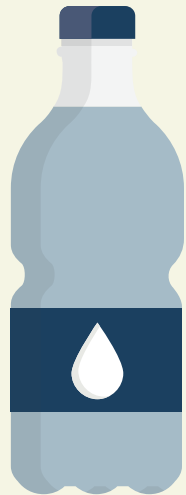
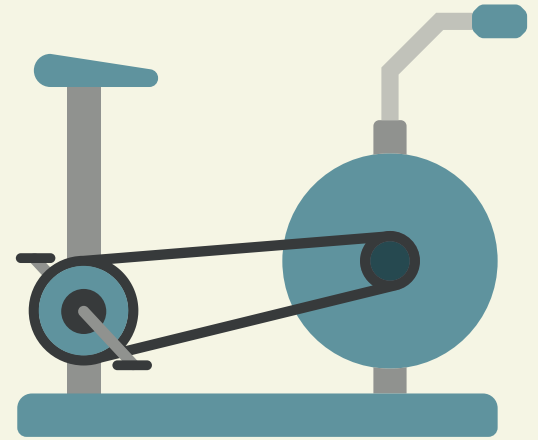
HELPFUL WAYS TO COPE WITH AND MANAGE MIGRAINE



REDUCE SCREEN TIME

This includes the TV, computer and yes, your phone.

USE GOOD POSTURE AND EXERCISE REGULARLY



EAT MIGRAINE HEALTHY MEALS AND DRINK PLENTY OF WATER

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



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:

MODIFIED
HOMEWORK
LOAD

ACCESS TO SNACKS
AND WATER

EXTRA TIME
FOR TESTS

ABILITY TO TAKE
TESTS IN A QUIET
PLACE

ACCESS TO A
CLASSROOM
WITH DIMMED
LIGHTS

ACCESS TO A
SCENT-FREE
CLASSROOM

A QUIET WORK
ENVIRONMENT