

HEADACHE



FIRST AID

Headaches are usually brief and can be caused by many things, including too little sleep, eye strain, stress, sinus infections, or a bump to the head. Some headaches last longer and come with other symptoms. Very rarely, headaches can be a sign of something serious.

The two most common types of headaches in kids and teens are **tension headaches and migraine headaches.**

Signs of a tension headache:

- * A feeling of squeezing pressure around the front, sides, and back of head
- * Dull, steady pain
- * Pain is not made worse by activity
- * No nausea or vomiting
- * Muscles of the scalp, face, neck, and shoulders may be sore to the touch

Signs of a migraine headache:

- * Pounding, throbbing pain on one or both sides of the head
- * Pain is worsened by rapid motion
- * Dizziness, feeling tired
- * Nausea, vomiting, belly pain
- * Seeing spots or halos
- * Sensitivity to light, noise, and/or smells

What to do:

Most headaches respond to home care. To help ease pain, have your child:

- * Lie down in a dark, quiet room
- * Drink liquids
- * Take acetaminophen or ibuprofen as needed
- * Put a cool, moist cloth across the forehead or eyes

SEEK MEDICAL CARE IF HEADACHES:

- * occur once a month or more
- * do not go away easily
- * Are more painful than usual
- * Prevent your child from participating in everyday activities
- * Follow a head injury or loss of consciousness
- * Come with any of these symptoms:
 - * Decreased alertness or confusion
 - * Fever or lasting vomiting
 - * Changes in vision
 - * Weakness
 - * Skin rash
 - * Neck pain or stiffness



School Health Alliance
FOR FORSYTH COUNTY

Keeping students healthy, fit and ready to learn.