[healthy children : Powered by pediatricians. Trusted by parents.](http://www.healthychildren.org/English/)

**Headaches: When to Call & When to Treat at Home**

**When to Call:**

* Call **911** if your child:
  + Is difficult to awaken or has passed out
  + Is confused or has slurred speech
  + Complains of blurred or double vision
  + Complains of weakness in the arms or legs
  + Is unsteady when walking
  + Complains of stiff neck and cannot touch his/her chin to chest
  + Looks or acts very sick
* Call the office **now** if:
  + The headache is severe
  + Your child is vomiting
  + The headache occurs after a known head injury
* Call the office **within 24 hours** if:
  + Your child has a fever
  + Your child complains of sinus pain/pressure
  + The headache lasts for 24 hours without other symptoms present
  + Your child has had a sore throat for more than 48 hours
  + The headache has been present for more than 3 days (with associated cold symptoms)
  + Headache are a recurrent problem

**How to treat at Home (for mild headache):**

1. **Pain medication**
   1. Give acetaminophen or ibuprofen for pain relief
2. **Food**
   1. Give water and food if your child is hungry or has not eaten in more than 4 hours
3. **Rest**
   1. Have your child lie down in a quiet place and relax until headache improves
4. **Local cold**
   1. Apply a cool washcloth to the forehead for 20 minutes