

**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