

What to know and when to get help

More people complain about headaches than any other medical ailment. It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Taking over-the-counter pain relievers
- Resting in a quiet darkened room
- Applying heating pad or ice to your neck and shoulders



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Persistent migraine headache not responding to usual treatment
- Migraine headache with intensity or character that is different from past migraines
- Persistent headache for more than 12 hours and no other symptoms
- Pain in temporal area and over 50 years of age



Go to the ER or dial 911 if you have:

- Worst headache ever
- Altered mental status
- Difficulty speaking or slurred speech
- Severe headache, stiff back, vomiting, fever
- Head injury or were knocked out recently
- Numbness, tingling or weakness in your arms or legs
- Severe headache and history of high blood pressure

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.