

HEADACHE

Headaches are pains experienced in the head or upper neck due to pain in the skin, muscles, bone or coverings of the brain. There are numerous causes of headaches, such as tension and migraine headaches which can be triggered by lack of sleep or certain foods. Strokes and uncontrolled high blood pressure can also cause headaches.

Instructions

1. You may try some or all of the following measures to relieve your headache:
 - a. Stretch and massage the muscles in your shoulders, neck, jaw, and scalp.
 - b. Take a warm bath.
 - c. Lie down and place a warm towel over the aching area.
2. Drink plenty of liquids
3. Avoid alcoholic drinks and cigarette smoking. These may worsen your headache.
4. A good night's sleep is frequently the best method of relieving a headache.

See a doctor if:

1. Your headache gets worse or lasts longer than 24 hours.
2. You develop a temperature greater than 38°C.
3. You need to take medicine to relieve the headache several times a week.
4. The headache is of sudden onset and this is the worst headache you have ever experienced.

Visit an Emergency Department if:

1. You develop mental confusion or drowsiness.
2. You develop a stiff neck.
3. You develop a temperature greater than 39°C.
4. You develop eye problems such as sensitivity to light or blurred or double vision.
5. You develop vomiting.
6. You develop weakness or numbness of any part of the body.