HEADACHE

Headaches have many causes. Most headaches are not life threatening and can be improved with some simple treatment.

Please follow these instructions carefully:

• Rest and take any prescribed medicines as directed.
• Do not drink alcoholic beverages (including beer or wine).
• Lie in a quiet, dark room.
• Avoid stress as much as possible.
• A cool compress (such as a cool, damp washcloth) on your forehead may help.

Return to the Emergency Department or see your own doctor right away if any problems develop, including the following:

• Your headache gets worse or feels different.
• Changes in your hearing or visions
• Stiff neck.
• Throwing up which gets worse or is not getting better.
• Confusion, drowsiness or any change in alertness.
• Loss of memory.
• Dizziness or fainting.
• Staggering or trouble walking.
• Convulsions or seizures. These are twitching or jerking movements of the eyes, arms, legs or body.
• Trouble speaking or slurred speech.
• Weakness or numbness of an arm or leg.
• Fever or shaking chills.
• Anything else that worries you.

The Emergency Department is open 24 hours a day for any problems.