

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.