

Migraine treatment sheet

Your name:

Fill in this sheet after you have worked out what steps to take during a migraine attack

Action 1	
Action 2	
Action 3	
Action 4	
Action 5 when you feel better	Fill in your migraine diary
Name and dose of medicine your doctor prescribed for you	
Contact phone number if you need help from your parent or carer	Name: Day-time number: Evening number:

Getting a migraine away from home

If you get a migraine attack when the people who usually help you are not around, you may find this migraine treatment sheet useful. Fill it in to give information about the symptoms of your migraine and the steps you take to treat it.

The child named on this card suffers from migraine

How to help this child

In children, the symptoms which can be linked to a migraine attack include:

- headache
- confusion
- problems seeing clearly
- feeling sick
- being sick
- dizziness
- sensitivity to light or noise

To help this child with migraine follow the action steps listed on the reverse of this sheet.