

Your questions about Headaches

(Read these questions and answers if you asked any question about headaches or if you just want to know more about headaches)



Why do we get headaches?

Headaches are very common. You can get a headache for many different reasons, for example:

- When you are stressed or very tired
- When there is a lot of noise around you
- When you have not been eating or drinking enough
- When you have trouble with your eyesight (for example: if you can't see the board properly at school, if you have trouble focusing when you read, if you squint your eyes when you are trying to see something)

What should I do if I have a headache?

If you have a headache, you can do a few things to help you feel better. Here are some *tips*:

- 1) First, you should drink about a bottle of water. You can also eat a small snack.
- 2) You can also try getting some rest – lie down in a quiet place and close your eyes.
- 3) Your parents will decide if you can take medication to help with the headache.
- 4) You should go to the *eye doctor* (optometrist) if you get a headache often at school or after school, if you have trouble seeing the board, or if you often get a headache after reading.

When should you go to the doctor for a headache?

Usually, the *tips* listed above will help with a headache because headaches are common and are not very serious. But, you should go see your doctor:

- If the *tips* listed above never work for you.
- If you have a headache every single day and nothing makes it better.
- If you are missing a lot of school because of your headaches.
- If a headache happens after a hard blow to the head (for example: falling on a hard surface, or being hit by a hard object)



Do you like being a nurse?

Yes. We (Cindy and Vanessa) love being nurses. We love helping people and caring for people. We also love the fact that we can work in many different places – we can work in hospitals, in clinics, and in schools. If you want to know more about being a nurse, please come and talk to us. We would love to talk to you!

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