

HEADACHE RESCUE ACTION PLAN

When a headache starts, quick action is important to minimize how bad it gets and how long it lasts. Fill this out with your medical team so you know exactly what to do to help yourself feel better.

1. When I feel a headache coming on, the first things I will do:

Meds: _____

Other things that help: _____

2. If no better in ____ minutes, do this:

Meds: _____

Other things that help: _____

3. When to contact your medical provider:

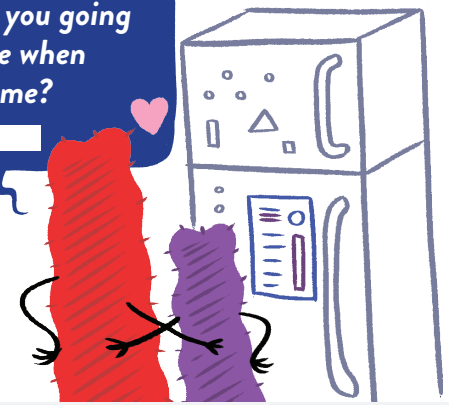
- If I'm having side effects from the medicine and I want to stop it. (Be sure to talk to your doctor first!)
- If my headaches are no better in ____ weeks.
- If I miss more than ____ days of school.
- Needing rescue meds more than ____ times per week on average
- Rescue medications not effective and/or a migraine that is lasting for more than 1 day
- Having side effects from rescue or prevention medications
- When daily tasks like going to school, seeing friends, exercise etc stop happening because of the pain for more than a few days and/or start to have an impact on daily life. For more info on pain and daily functioning, check out this.
- Other questions or concerns, including: _____



4. How to contact your medical provider:

- ☐ phone: _____ ☐ email: _____
- ☐ patient portal: _____
- ☐ other: _____

Where are you going to hang me when you get home?



Are there meds I should take together?

It might seem weird to take different medications at the same time, but sometimes taking 2 or 3 meds at the same time is the best way to knock out a migraine attack.

Additionally, your medical provider might have you take a second dose of a medication. For instance, triptan medicines, which are frequently prescribed for migraine, are often re-dosed at 2 hours if the migraine isn't gone.

Other important stuff to know:

- Any specific side effects or info I should have about these medications: _____
- Have your meds and/or neuromodulation device with you! This means that you will need your rescue meds and/or neuromodulation device at school.
- You'll also need to have a plan for how you can use your other strategies like self regulation skills and hydration during your school day. This can be worked out with the school ahead of time so you'll know you have what you need.
- Schools often require a doctor's note for any accommodations and medications. Ask your medical provider for a note that allows you to take your medicines and/or use your devices and strategies at school.

Here is an example of what that can look like to get you started:



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