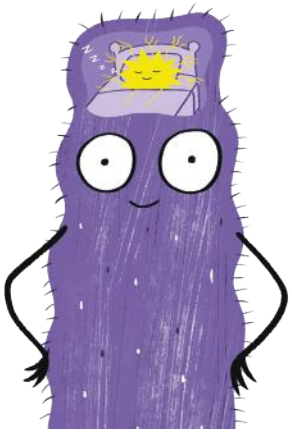
Headache Toolkit:

WHAT KIND OF HEADACHE DO I HAVE?



According to the *International Headache Society's International Classification of Headache Disorders (3rd edition)*, here's the criteria for migraine headaches:

A headache is likely a migraine if:

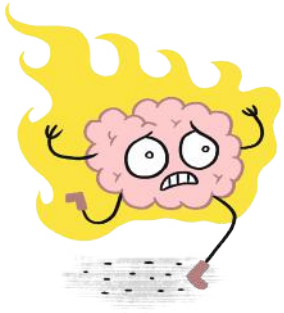
- It lasts at least 2 hours untreated *(or 4 hours for adults)*

AND at least TWO of these four statements are true:

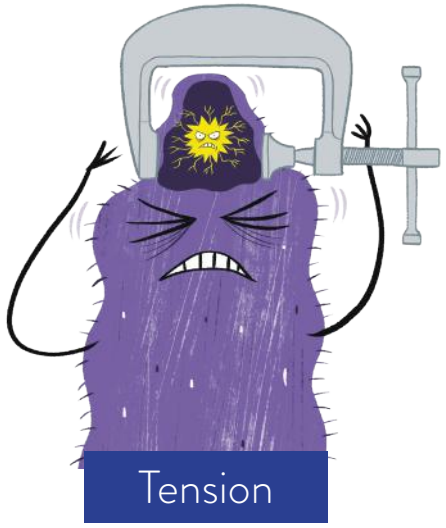
- The pain could be described as moderate or severe *(which usually means it makes it hard to do your daily activities)*.
- It is on one side of your head *(although it is common for kids and teens to have pain on both sides of the head)*.
- The pain feels like it is pulsing or throbbing or like you can feel your heartbeat in your head.
- Motion/moving around makes it worse.

You also have at least ONE of the following:

- Nausea
- Vomiting
- Sensitivity to light
- Sensitivity to sound







Kids likely have a tension-type headache if:

They don't meet the migraine criteria and if:

- Headache lasts at least 30 minutes

AND at least TWO of these four statements are true:

- The pain is on both sides of the head.
- The pain feels like it is pressing or tightening *(not throbbing)*.
- The pain could be described as mild or moderate *(which usually means it is not affecting your daily activities too much, if at all)*.
- Motion/moving around does NOT make it worse.

BOTH of the following are true:

- No nausea or vomiting
- There isn't sensitivity to both light and sound *(but you can have one or the other)*.

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