**Symptomatic Management GuidelineS FOR NON-HEALTH STAFF**

**HEADACHE**

Authorized non-health staff may manage headaches as follows:

1. Obtain a careful history. If trauma, migraine, hypertension, infection, or other specific problems exist, refer to health and wellness center.
2. Offer the student acetaminophen 650-1000 mg every 4 hours [MDD 4 g] **or** ibuprofen 400-600 mg every 6 hours [MDD 2400 mg] as needed for headache.
3. Offer bed rest for 2-4 hours until headache medication takes effect.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If headache persists for more than 24 hours or frequently recurs
* If the headache is associated with changes in vision or vomiting, or does not respond to the recommendations given above