



Alleviating Symptoms of Migraines Cheat Sheet

She is YOU™

- Over-the-counter pain reliever like aspirin or ibuprofen
- Migraine specific medication that has caffeine added like Excedrin
- Drink a cup of coffee or caffeinated tea
- Turn off the lights
- Cold compress on the head, back of the neck, and in-between the shoulders
- Lay down and rest
- If you can't leave work, put on your sunglasses and turn off the lights
- Nothing working? Call your primary care physician and ask for a prescription medication which is stronger than the over-the-counter medications available.

She is **YOU**.™