

## IMPORTANT INFORMATION for SOONERCARE CHOICE MEMBERS

Your doctor will give you a phone number you can call 24 hrs. a day, 7 days a week. Call that number before you to the ER if you are experiencing an urgent matter.

Contact your doctor to make an appointment if have these symptoms:

- Your headache wakes you up at night.
- Your headaches get worse or happen more often.
- You have three or more headaches per week.
- You need to take a pain reliever every day or almost every day for your headaches.
- You have headaches that are caused by exercise, coughing, bending, or heavy activity.
- You have a history of headaches but have noticed a recent change in your headache symptoms.
- Your life is disrupted by headaches (for example, you miss work or school regularly).

### Things you can do to help manage your headaches:

Try over-the-counter pain relievers such as acetaminophen (Tylenol), nonsteroidal anti-inflammatory drugs (Aspirin and Ibuprofen) or medicine that combines aspirin, acetaminophen and caffeine, such as Excedrin. Do not take these medicines more than

You also have neurological (nerve) symptoms such as weakness, dizziness, sudden loss of balance or falling, numbness or tingling, paralysis, trouble speaking, mental confusion, seizures, personality changes/inappropriate behavior, or vision changes.

- You also have a fever, shortness of breath, stiff neck, or rash.
- Your headache happened after a head injury or accident, especially if the headache is getting worse.
- You also have severe nausea and vomiting.
- Your headache came on quickly and is extremely severe.
- You have a long-lasting headache that gets worse after coughing, exercise, straining or a sudden movement.
- 3 times per week (unless told to do so by your doctor) because you may get rebound headaches.
- Do not use narcotic medications (such as Lortab, Norco or Vicodin) as these can make headaches worse.
- Do NOT give pain relievers containing aspirin to a child younger than 18 years old.
- Apply an ice pack to the painful area of your head.
- Take a warm bath or shower; take a nap; or take a walk. • Rest quietly in a dark room.
- Apply gentle, steady rotating pressure to the painful area of your head with your index finger or thumb. Maintain pressure for 7-15 seconds, then release.

**REMEMBER: Go to the Emergency room only if:**

- Your doctor direct you to do so.  
or
- Due to unusual circumstances beyond your control, you cannot reach your doctor and your symptoms match those listed in the CONTACT YOUR DOCTOR IMMEDIATELY section.



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