



Planning for a Migraine Attack at Work

Chances are, you have already had a migraine attack at work. This information sheet can help you plan ahead to control your symptoms and handle job tasks.

A migraine survival kit for work



- ✓ **Ice pack** for your head
- ✓ **Heat pack** for your neck or shoulders; choose one you can warm up in the microwave
- ✓ **Ginger ale**, sports drink, or water
- ✓ **Migraine medication**
- ✓ **Bag** (if you tend to vomit, you might not get to a restroom in time)
- ✓ **Eye mask**
- ✓ **Earplugs** or noise-canceling headphones
- ✓ **Money** or credit card for taxi or driving service, bus tickets, or transit pass in case you cannot drive yourself home
- ✓ **Phone numbers** of people to drive you home or pick up children from school, if needed
- ✓ **Any other items that might help**

Consider making a kit for home and travel. If you live with someone, tell that person where you keep your home kit. When you get a migraine, you can ask the person with whom you live to get it for you.

Have a backup plan

You might not be able to keep working if you get a migraine, so have a backup plan. This can include:



Finding a quiet, dark place to rest and work



Working on a flexible schedule or working from home



Finishing work at home or coming to work on a weekend



Carpooling to work so you don't have to drive

If you have to stay at work

You will sometimes need to keep working even if you have a migraine. If so, take your rescue medication as soon as you notice the first sign of a migraine attack. If possible, take a short break so the medication can start working. Deep breathing exercises may help.

Developed by Med-IQ in collaboration with the National Headache Foundation.