



BRENTFORD SCHOOL FOR GIRLS

BRENTFORD 6th FORM

VISION | CREATIVITY | EXCELLENCE

HEAD TEACHER: MARAIS LEENDERS | 5 BOSTON MANOR ROAD, BRENTFORD, TW8 0PG | TEL: 020 8847 4281 | EMAIL: GENERAL@BRENTFORD.HOUNSLOW.SCH.UK | WEB: WWW.BRENTFORD.HOUNSLOW.SCH.UK

Headache

A headache may accompany any illness, particularly a feverish ailment such as flu. It may develop for no reason and can often be traced to tiredness, tension, stress or undue heat or cold. Mild 'Poisoning' caused by a stuffy room can also cause a headache. However, a headache can also be an indication of something more serious.

Aim:

To relieve pain

To obtain medical advice as necessary

Most headaches can be treated with paracetamol or ibuprofen and ensuring that the individual is well hydrated. Check if they have eaten, if not then give them a cereal bar and water.

You should seek urgent medical advice if the pain:

Develops very suddenly

Is severe and incapacitating

Is accompanied by fever or vomiting

Is recurrent or persistent

Is accompanied by loss of strength or sensation or by impaired consciousness.

Is accompanied by a stiff neck and sensitivity to light as this could be the first signs of meningitis.

Follows a head injury

Contact parent/carer

"TOP 100 NON-SELECTIVE STATE-FUNDED SCHOOLS IN THE COUNTRY" NICK GIBB, MINISTER OF STATE FOR SCHOOLS (FEBRUARY 2016)

