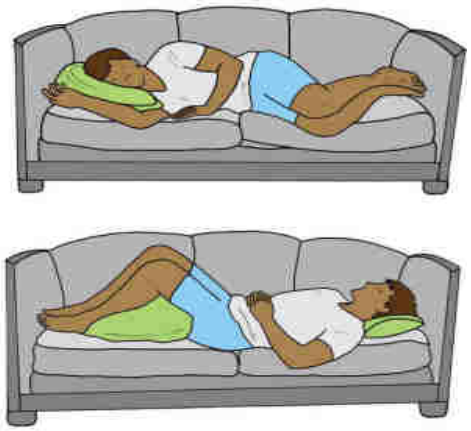
Headache, General, Without Cause

A general headache has no specific cause. Things that start general headaches include:
- Stress.
- Depression.

These headaches are not life-threatening. They will not lead to other types of headaches.

HOME CARE



- Make and keep follow-up appointments.
- Only take medicine as told by your doctor.
- Helpful ways to relax are:
  - Using thoughts to control the body (*biofeedback*).
  - Massage.
- Use cold and heat treatment. Apply the cold or heat to the head and neck. Apply 3 or 4 times a day, or as needed.

FINDING OUT THE RESULTS OF YOUR TEST

Ask your doctor when your test results will be ready. Make sure you follow up and get the test results.

GET HELP IF:

- You or your child has problems with the medicine that was prescribed.
- The medicine is not helping relieve the pain.
- The headache changes.
- You or your child feels sick to his or her stomach (*nauseous*) or throws up (*vomits*).

GET HELP RIGHT AWAY IF:

- The headache becomes very bad.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- The neck is stiff.
- You or your child has trouble seeing.
- The muscles are weak.
- You or your child loses control of the muscles.
- You or your child has very bad symptoms different from the first symptoms.
- You or your child loses balance or has trouble walking.
- You or your child feels like he or she is going to pass out (*faint*).

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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