

# **This person suffers from chronic classic migraines.**

People suffering from classic migraines can experience any or all of the following symptoms before, during, or after an attack:

- Extreme sensitivity to light, sounds, and smells
- Visual disturbances, making it difficult to see
- Numbness
- Difficulty thinking, speaking, or moving around (from migraines and possibly from Medications taken to treat migraines)
- Nausea and/or vomiting
- Headaches that can be severe

Any of these symptoms may last hours or days, so please be understanding.

Migraine attacks are triggered by such things as bright or fluorescent lighting, sounds, changes in air pressure and weather patterns, and certain food or smells. What can you do to help?

- Keep lighting dim or off,
- Lower the volume of noise/music,
- Go light on the perfume/cologne
- Don't make fun or offer advice based on common myths

Learn more about migraines at:

[www.migraines.org](http://www.migraines.org) or [www.w-h-a.org](http://www.w-h-a.org).