

# What can I do about hurt or pain including headache?

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## Things I can do with my family

Some patients have found these strategies helpful:

- Putting hot or cold packs on the places that hurt
- Distracting yourself from the pain by doing things such as activities or talking with friends
- Taking a medication such as acetaminophen (e.g., Tylenol or generic brands). Make sure you take your temperature before giving each dose to check for fever
- Seeing [Cancer related pain](#) and [Migraine](#) for more information

## Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Look for causes of the pain
- Prescribe medications
- Suggest meeting with someone to help teach you strategies for managing hurt or pain
- Suggest strategies to prevent pain when you have procedures like pokes for blood tests

## When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help if you:

- Have severe pain
- Have a severe headache