

Migraine & COVID-19

LIFE hacks:

EMOTIONAL SUPPORT DURING A PANDEMIC



TRIGGERS FOR MIGRAINE ATTACKS DURING COVID-19

- Isolation due to social distancing
- Lack of work and homelife balance
- Changes in insurance coverage or employment status

EMOTIONAL SUPPORT RESOURCES CAN HELP



Facebook Groups

connect migraine patients in a community setting



Blogs

share experiences of other migraine patients



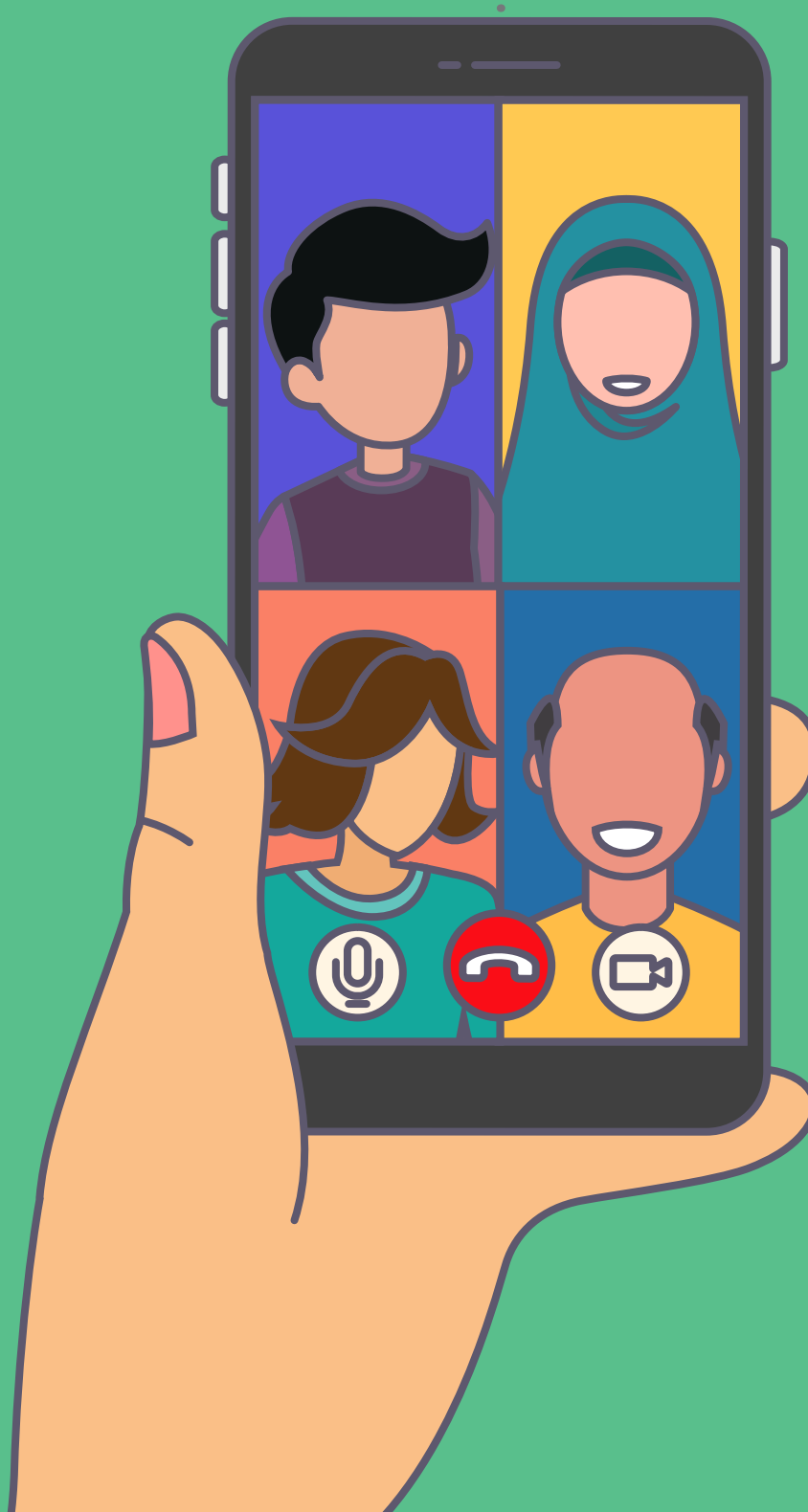
Phone or Tablet Apps

allow migraine patients to track their symptoms and monitor patterns



Online Resources and Forums

educate migraine patients about their condition

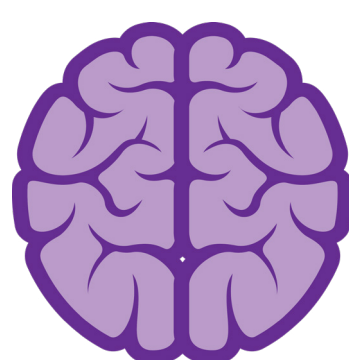


Find more tips & tools

on emotional support during COVID-19 and migraine disease.



The Headache & Migraine
POLICY FORUM



Migraine Matters

Serving the Migraine Community with Knowledge