



MANAGING MASK-INDUCED HEADACHES

Prolonged mask-wearing can result in tension and other headache types. Follow these tips to ensure you're practicing effective mask-wearing while managing headache risk:

- **Proper Fit:** Many face coverings are not one-size-fits-all. Ensure yours adequately covers your mouth and nose but isn't so tight that it causes a headache.
- **Alternative Use:** Consider a soft cloth headband with a button sewn on so that the mask can attach to it. This can help reduce the pressure around the neck or base of the skull where the mask might otherwise constrict. Just be sure that the headband isn't so tight that it also poses a headache risk.
- **Face Shield:** Though not adequate for many healthcare settings, using a clear face shield in public that attaches like a visor can help to provide relief from mask pressure that's causing headaches. These may also provide protection from exposure to the virus via the eyes.
- **Taking Breaks:** Though a mask should continue to be worn whenever encountering the public, you don't have to wear it while driving alone in a car. Also consider breaking up errands or other outings so that you aren't wearing a mask for prolonged periods of time.

