

Migraine Communication Card

Cut, fold, and carry a short note for moments when communication is difficult

CUT ON THE SOLID LINE; FOLD ON THE DOTTED LINE

MIGRAINE COMMUNICATION CARD	CONTACTS AND ESSENTIALS
I may need extra time to communicate.	Emergency contact: _____
Name: _____	Allergies: _____
What helps: _____	Medical information is kept: _____
_____	Other important note: _____

Print at 100% scale. Fold with the text facing outward. Review the card before carrying it.

Communication notes

- | | |
|---|---|
| ☐ Speaking is difficult | ☐ Finding words is difficult |
| ☐ Reading is difficult | ☐ Thinking is slowed |
| ☐ Light or sound is hard to tolerate | ☐ I may need extra time to respond |

This card describes my usual needs. It is not proof that new or severe symptoms are safe.