

First Aid for Nosebleeds

This playbook provides a step-by-step guide on handling nosebleeds, with techniques to manage and stop the bleeding. It also includes information on recognizing the signs that indicate the need for medical attention.

Step 1: **Stay Calm**

Remain calm and reassure the person experiencing the nosebleed. Staying calm helps reduce blood pressure, which can aid in reducing the nosebleed.

Step 2: **Sit Up**

Have the person sit up straight and lean forward slightly. This position helps prevent swallowing blood, which can irritate the stomach.

Step 3: **Pinch Nose**

Using the thumb and index finger, pinch the soft part of the nose just above the nostrils shut for 10 minutes. Keep the mouth open for breathing while pinching.

Step 4: **Check Progress**

After 10 minutes, release the pressure gently and check to see if the bleeding has stopped.

Step 5: **Repeat if Necessary**

If the bleeding continues, repeat pinching the nose for another 10 minutes. You can also apply an ice pack to the bridge of the nose to constrict blood vessels.

Step 6: **Seek Medical Help**

If the bleeding persists for more than 20 minutes, or if the nosebleed is due to injury, high blood pressure, or a blood disorder, seek medical attention immediately.

General Notes

Do Not Tilt Head

Avoid having the person tilt their head back to prevent blood from running down the throat, which could cause nausea or vomiting.

Avoid Strenuous Activity

After a nosebleed, advise the person to avoid heavy lifting or strenuous activity for at least 12 hours, as it can cause the nose to start bleeding again.

Do Not Stuff Nose

Do not stuff tissues, cotton, or any other materials into the nostrils in an attempt to stop the bleeding. This could cause further irritation or injury to the nasal passages.