

# Nosebleeds

Although they can be scary, nosebleeds are common in children and usually aren't serious. Most stop on their own and can be treated safely at home. Nosebleeds occur more often in winter and when the air is dry.



## What to Do:

- Have the child sit up with his or her head tilted slightly forward. **Do not have the child lean back** (this may cause gagging, coughing, or vomiting).
- Pinch the soft part of the nose (just below the bony part) for at least 10 minutes.

### Seek Medical Care if the Child:

- has frequent nosebleeds
- may have put something in his or her nose
- tends to bruise easily, or has heavy bleeding from minor wounds
- recently started a new medication

### Seek Emergency Medical Care if Bleeding:

- is heavy
- is accompanied by dizziness or paleness
- continues after two or three attempts of applying pressure for 10 minutes each
- is the result of a blow to the head or a fall



## Think Prevention!

To help prevent dryness in the nose, use saline (saltwater) nasal spray or drops (or put petroleum jelly on the inside edges of the child's nostrils) and use a humidifier in the child's room. Discourage nose picking and keep the child's fingernails short.

Notes from the Nurse: \_\_\_\_\_

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School Nurse