

Nosebleed



A child may get a nosebleed when he bumps his nose, picks his nose, sneezes, or blows his nose hard.

You can usually stop a nosebleed by tilting the head forward and gently holding the nostrils closed. A cold wet cloth or ice pack against the nose may help.

Nosebleeds usually are not serious. If your child has frequent nosebleeds, you should discuss it with your child's doctor.