



## NOSEBLEED

Children can get a nosebleed when they bump their nose, pick their nose, sneeze, or blow their nose hard. Some children get nosebleeds very easily. A nosebleed can be frightening for the child. Calm your child and let him or her know that the bleeding will stop soon.

Here are ways to stop the bleeding:

- ✓ Help your child sit up with head tilted slightly forward.
- ✓ Pinch the nostrils closed. Apply gentle pressure for at least five minutes. Apply a cloth-wrapped cold pack to the child's nose and cheeks while applying pressure.
- ✓ Gently release the nose. If bleeding starts again, reapply the pressure, but for ten minutes this time.

After the nosebleed stops, gently clean any blood from the child's face and skin. Discourage your child from blowing or picking the nose.

Call a doctor if the nosebleed cannot easily be controlled after 15 minutes; is accompanied by dizziness or weakness; or occurs after a blow to the head or a fall.

Talk to your child about the importance of not touching someone else's blood. Blood can contain disease-causing germs, including those that cause hepatitis or HIV/AIDS.