🩸 First Aid for Nosebleed (Epistaxis)

A nosebleed is usually not serious, but it can be scary. Stay calm and help the person sit upright. Lean them slightly forward and pinch the soft part of the nose for 10–15 minutes. Avoid tilting the head back, as this can cause blood to flow into the throat. If bleeding does not stop, seek medical help immediately.

⚠️ Common Causes of Nosebleeds

- Dry air or nasal irritation
- Frequent nose-picking or blowing
- Injury to the nose
- Allergies or sinus infections
- High blood pressure
- Use of blood-thinning medications

CAUSES OF NOSE BLEED

HOW TO TREAT CHRONIC NOSEBLEEDS

🚑 What to Do During a Nosebleed

- Stay calm and reassure the person
- Sit upright and lean slightly forward
- Pinch the soft part of the nose firmly for 10–15 minutes
- Breathe through the mouth while applying pressure
- Apply a cold compress to the nose and cheeks

❌ What NOT to Do

- Do not tilt the head backward
- Do not stuff tissues or cotton deep inside the nose
- Do not blow the nose immediately after bleeding stops
- Avoid bending down or lifting heavy objects for a few hours

🔴 When to Seek Medical Help

- If the bleeding lasts longer than 20 minutes
- If nosebleeds occur frequently without cause
- If bleeding follows an injury or accident
- If the person feels faint, weak, or has trouble breathing
- If the person is on blood-thinning medication

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📃 Adult Nosebleed Prevention

Nosebleeds in adults are often caused by dry air, nasal irritation, or injury. Prevention focuses on keeping the nasal passages moist, avoiding trauma, and maintaining a healthy environment.

💧 Keep Your Nose Moist

- Use a saline nasal spray or gel regularly to prevent dryness inside your nose.
- Run a humidifier in your home, especially during dry or winter months.
- Avoid overuse of nasal decongestant sprays, as they can dry out the nasal lining.
- Drink plenty of water to stay hydrated and keep your nasal tissues healthy.
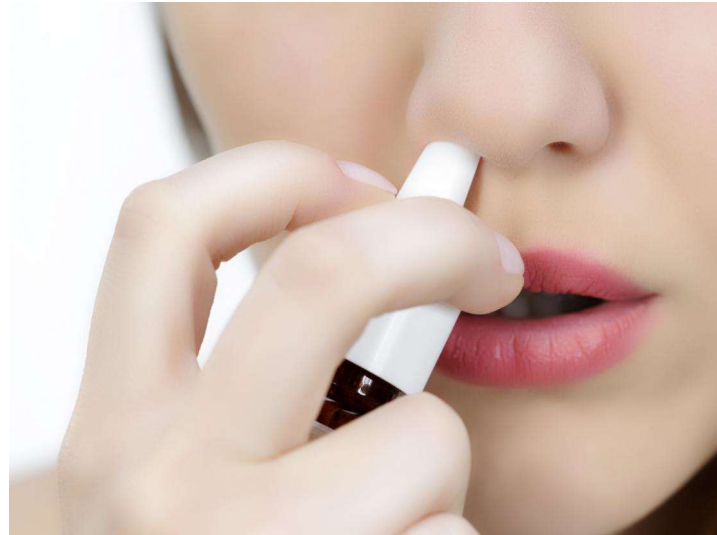
🚫 Avoid Nose Picking or Injury

- Do not pick your nose or insert any objects, including cotton swabs, inside the nostrils.
- Blow your nose gently to prevent irritation or rupturing small blood vessels.

- Trim your fingernails to reduce the risk of accidental scratching inside your nose.

- Wear protective gear if you engage in activities or sports where facial injury is possible.

⚠️ <u>**Maintain a Healthy Environment**</u>

- Avoid cigarette smoke, strong chemical fumes, and allergens that can irritate the nose.

- Keep your indoor air clean and slightly humid to prevent nasal dryness.

- Consult a doctor if you experience frequent nosebleeds or if they occur without any clear cause.
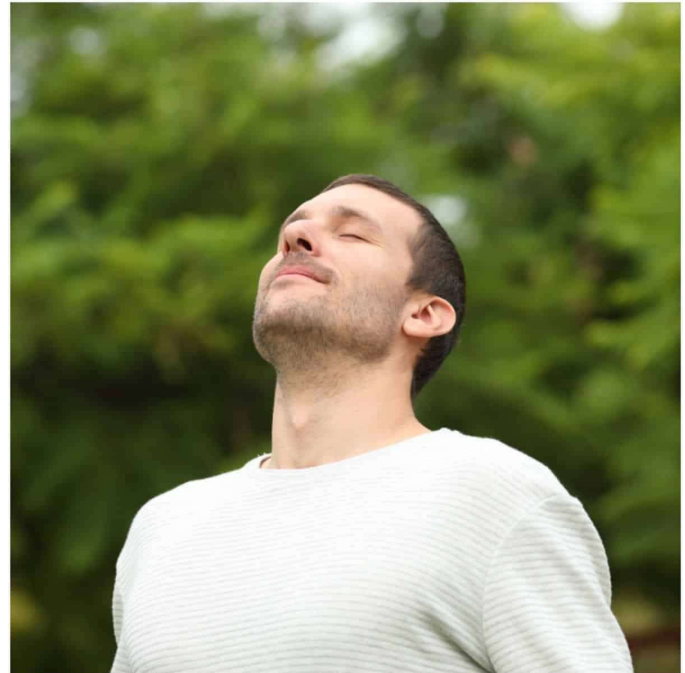
🩺 <u>**Treatment & Medication**</u>

Medicines or sprays that may be recommended to aid recovery or prevent future nosebleeds.

🚫 <u>**No medicine can instantly stop a nosebleed.**</u>

When bleeding starts, only physical steps—like pinching the soft part of your nose, leaning forward, and applying gentle pressure—can help control it. Medicines may be used later to heal or prevent further irritation, but not to stop bleeding immediately.