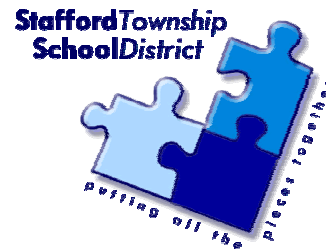


## Call the doctor if you have any questions or concerns or if:

---

- The bleeding does not stop after 10 minutes
- There is a large amount of blood
- If your child feels dizzy or faint
- If your child appears pale or shaky

When applying ice, always wrap it in a washcloth or sock; ice applied directly to bare skin can cause frostbite damage.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276  
Ocean Acres x1113  
Oxycocus x1073  
McKinley Avenue x1140  
Intermediate x1074  
District Nurse Coordinator x 1205



## Wellness Series

Keeping students healthy, fit and eager to learn

---

## Caring for a child with a Nosebleed





## Caring for a child with a Nosebleed

---

The most common causes for nosebleeds include:

- dry air in the home
- excessive picking of the nose
- excessive nose blowing due to colds
- falling or being hit in the nose.



### How should a Nosebleed be treated?

Have your child sit down and lean forward. **Do not** tip the head backwards or lie down. This may cause your child to swallow too much blood and make him/her vomit.

Using your thumb and first finger, gently press your child's nostrils together. Do this for at least 5 minutes. **Do not** let go of the nostrils to see if the bleeding has stopped.

If the bleeding does not stop after 5 minutes, press the nostrils for another 5-10 minutes.

Placing ice on the bridge of your child's nose may help stop the bleeding. Wrap the ice in a washcloth.

Your child should not blow his or her nose for at least 2 hours after the bleeding has stopped.

### How can nosebleeds be prevented?

A cool mist humidifier can help keep the air moist. Place the humidifier near your child's bed for a few days after the nosebleed. Be sure to follow the cleaning directions on the humidifier.

Keep your child's fingernails trimmed.

Sometimes placing a small dab of petroleum jelly (Vaseline®) just inside the nostrils at bedtime will help keep the nasal passages from drying out and bleeding again.

