



What to Do During a Nosebleed

1. **Stay Calm:** Nosebleeds are common and usually not serious.
2. **Position Yourself Correctly:**
 - Sit down and lean slightly forward.
3. **Pinch Your Nose:**
 - Use your thumb and index finger to firmly pinch the soft part of your nose
 - Hold this position for **10–15 minutes** without letting go.
4. **Apply a Cold Compress:**
 - Place a cold pack on the bridge of your nose.
5. **When the Bleeding Stops**
 - Avoid blowing your nose or bending over for a few hours to prevent re-bleeding.
6. **Preventing Future Nosebleeds**
 - **Moisturize:** Use a saline nasal spray or apply a thin layer of petroleum jelly inside your nostrils to keep the lining of your nose moist.
7. **When to Seek Medical Attention**

Contact a healthcare provider if:

 - The bleeding lasts longer than **20 minutes**, despite applying pressure.
 - You feel weak, dizzy, or faint.
 - The nosebleed occurs after an injury to your head or face.
 - You experience frequent or unexplained nosebleeds.