

Nosebleeds (epistaxis) are uncomfortable and scary-looking, but usually not dangerous. Kids get nosebleeds more often than adults, typically either from irritating the nasal membrane or from trauma. When an adult gets nosebleeds, it could be an indicator of a more severe medical problem.

What to do:

Lean forward, not back. If the victim lies back, blood could get in the windpipe causing a blocked airway, or into the stomach which may make them sick.

Pinch the victim's nose just below the bony bridge. Your fingers should be on the soft tissue as well as the bone. Hold the nose for at least 5 minutes. Repeat if bleeding continues. If the nose continues to bleed after 15 minutes, seek medical attention.

You may use ice or a cold pack over the bridge of the nose or back of the neck to constrict blood vessels.

After bleeding is controlled, do not blow the nose to disrupt the clot.

Most nosebleeds are due to dry nasal membranes, you may try to soften the nasal passages with Vaseline at bedtime. Take a q-tip and put Vaseline on the end, gently into the nasal passages and rub the sides of the nose together to work it in.