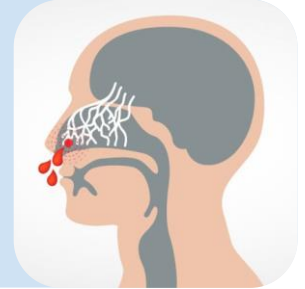


# Nosebleeds are No Fun! Learn the Facts on Nosebleeds

**Nosebleeds** are common due to the location of the nose on the face, and the large amount of fragile blood vessels in the nose. However, they can still be cause for alarm, especially if they last a long time or occur frequently. If you or your family member gets a nosebleed, the important thing is to know how to manage it properly.



## Causes of Nosebleeds

- Dry or cold air
- Frequent nose blowing
- Foreign object in nose
- Picking nose
- Excessive sneezing
- Allergies
- Injury to the nose
- Hormonal changes during pregnancy
- Alcohol abuse
- Upper respiratory infections
- Large doses of aspirin

## How to Prevent Nosebleeds

### Be gentle to your nose:

- Avoid rubbing or picking the nose
- Don't blow your nose too hard
- Apply Vaseline or Ayr Saline Nasal Gel to keep the inside of your nose moist



### Use a humidifier:

- Humidify your room at night while you sleep



### Use saline nasal sprays:

- When the air is dry, try a salt-water nasal spray. Use it several times a day.



## First Aid for Nosebleeds

Most nosebleeds can be stopped at home

### DO'S



- ✓ Sit upright and lean forward
- ✓ Pinch your nose
- ✓ Release the pinch after 10 mins and repeat if bleeding persists
- ✓ Apply an ice pack across the bridge of your nose for at least 5 to 10 minutes



### DON'TS

- ✗ Lie down or tilt your head back
- ✗ Pick or blow your nose
- ✗ Take an aspirin



**Consult your doctor about your nosebleed if the bleeding cannot be stopped, or the nosebleed makes you feel weak or faint!**



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