First aid fact sheet
Nose bleed

St John

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Many nose bleeds do not have an obvious cause, but some may be because of:

- a blow to the nose
- excessive blowing
- sneezing
- high blood pressure
- changes to altitude.

What to do

1   Ask the patient to breathe through their mouth and not to blow their nose. Encourage the patient to spit out blood rather than swallow it.

2   Help the patient to sit down with their head slightly forward.

3   Pinch the soft part of the patient's nostrils, just below the bridge of the nose, for at least 10 minutes.

4   Loosen any tight clothing around the patient's neck.

5   If bleeding persists, seek medical aid.

Placing a cold pack on the patient's neck and forehead may help the bleed. A cold pack is unlikely to cause any harm.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

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