



# First aid fact sheet

## Nosebleed

Many nosebleeds do not have an obvious cause, but some can be because of:

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

Most nosebleeds will stop spontaneously or after simple treatment. Seek medical aid if the nosebleed persists or if the patient has frequent nosebleeds.

### 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 might 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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