



✓ Dos And ✗ Don'ts

For Nosebleeds

✓ Dos

Sit or stand straight immediately.



Slightly bend forward and breathe through the mouth.



Pinch the nose above the nostrils for 15 minutes and let the pressure stop the bleeding.



Put an ice pack on the nose



✗ Don'ts

Lying down or tilting your head backward or upside down.



Trying to blow your nose or stuff it with tissues.



Picking at the clot inside the nose after the bleeding.



Putting pressure on the nose after the bleeding stops.

